



## JUNE: BERRIES



June is a good month to get lots of fresh berries. Blackberries, blueberries and raspberries are in peak season in late spring and early summer. A serving size is about  $\frac{1}{2}$  cup, or one cupped handful.

Berries are a good source of vitamin C, fiber and manganese. They are also rich in phytochemicals. These are natural compounds found in plants. They function as antioxidants, promote immunity, increase communication with cells in the body and help repair damaged DNA.

Blueberries are the second most popular berry among Americans, after strawberries.

Berries can be added to your cereal for added fiber and flavor. You can mash berries to make your own jam. Top pancakes with fresh blueberries or blackberries. Or you can add blueberries to the batter before cooking. Put berries into lowfat yogurt. Toss fresh berries into salads. Keep a bag of mixed berries in the refrigerator for smoothies. There are lots of healthy ways to enjoy berries.

Cooking in Class: Banana Berry Smoothie

Ingredients: 1 large peeled banana; 1 cup lowfat or nonfat milk; 1 cup 100% orange juice; 2 cups unsweetened frozen berries (strawberries, blueberries, and/or blackberries)

Place first three ingredients in a blender. Put lid on tightly and blend until smooth. Add frozen berries and blend again. Pour immediately into cups and serve. Makes 20 servings at  $\frac{1}{4}$  cup each