How to Freeze Blueberries

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Texas A&M AgriLife Extension

Blueberries are an excellent source of vitamin K and a good source of vitamin C!

ADVANTAGES OF Freezing

Can prevent changes in flavor, color, texture and nutritional value!

Reduces food waste!

Slows the growth of bacteria and mold that cause spoilage and food borne illness!

Vitamins are maintained over time!

Easy method of food preservation!

1 Cleaning

-Wash hands with hot soapy water.

2 Freezing

-Spread berries out on a tray

-Remove any bruised or undesirable berries

-Place tray of berries in the freezer until the berries are fully frozen

-Store berries in a freezer container

3 Eating

-Throw your blueberries into yogurt, oatmeal or a smoothie!

1 cup of blueberries = 80 Cal

Quick Tip: Washing blueberries before freezing can cause tough skin! To prevent this, wash before use.

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Date your storage container and eat the frozen berries within 12 months for best quality!

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