How to Freeze Blueberries

**ADVANTAGES OF Freezing**
- Can prevent changes in flavor, color, texture and nutritional value!
- Reduces food waste!
- Vitamins are maintained over time!
- Easy method of food preservation!
- Slows the growth of bacteria and mold that cause spoilage and food borne illness!

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!

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

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

1 cup of blueberries = 80 Cal

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

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