

Blueberry Bling

Revised from Food Hero

Ingredients:

- 3 cups frozen or fresh blueberries
- 2 tsp. butter, softened
- 1 Tbsp. 100% whole wheat flour
- 1 Tbsp. brown sugar
- ½ cup rolled oats
- ½ tsp. cinnamon

Instructions:

1. Preheat the oven to 375 degrees.
2. Place blueberries in a 9-inch pie plate. If using fresh blueberries, wash and drain before placing in a 9-inch pie plate.
3. In a small bowl, use a fork to mix butter, flour, sugar, oats, and cinnamon.
4. Sprinkle oat mixture over the blueberries.
5. Bake for about 25 minutes. Enjoy while warm!
6. Refrigerate leftovers within 2 hours.

Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider. For more information, visit snapedny.org

Nutrition Facts

8 servings per container
Serving size 1 cup (516g)

Amount per serving
Calories 530

% Daily Value*

| | | |
|--------------------|------------------|-----|
| Total Fat | 10g | 13% |
| Saturated Fat | 4g | 20% |
| Trans Fat | 0g | |
| Cholesterol | 10mg | 3% |
| Sodium | 10mg | 0% |
| Total Carbohydrate | 111g | 40% |
| Dietary Fiber | 16g | 57% |
| Total Sugars | 59g | |
| Includes | 13g Added Sugars | 26% |
| Protein | 10g | |
| Vitamin D | 0mcg | 0% |
| Calcium | 78mg | 6% |
| Iron | 3mg | 15% |
| Potassium | 550mg | 10% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

