

featured recipe

Chilled Blueberry Soup

Source: USDA's What's Cooking?

Serving size: 1 cup
Servings per recipe: 4



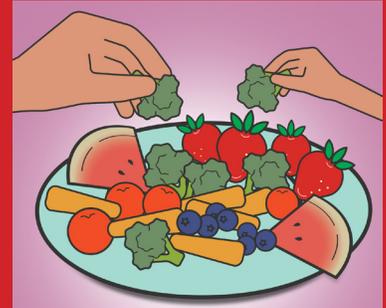
Ingredients

- 2 cups fresh blueberries
- 1 cup 100% apple juice
- 1 1/2 cup plain low-fat yogurt
- 1 tsp cinnamon
- Fresh mint leaves for garnish

Instructions

1. Rinse blueberries, and set aside a few for garnishing.
2. Blend all ingredients in food processor or blender.
3. Serve immediately.
4. Garnish with mint leaves and blueberries, if desired.

Share the Adventure!



Children who help to select and prepare vegetables, or grow their own vegetables, are more likely to eat vegetables and a wider variety of vegetables. So how do you get kids more involved? **Share the adventure! Try new vegetables and fruits together!**

Watch these short videos to see how your kids can help you cook easy, healthy recipes.



Go to YouTube, and search Finger Lakes Eat Smart New York!

- **Include your child in planning family meals.** Suggest different recipes, or ask them what they would like to include in a family meal.
- **Plan a trip to the grocery store or farmers market with your child.** With your guidance, let your child see, feel and smell different vegetables and fruits, then select the vegetables and fruits they would like to prepare at home.
- **Involve your child in preparing meals.** Younger children can wash vegetables, tear lettuce, and stir ingredients together. Older children can cut veggies and cook a recipe.
- **Let your child see you enjoying fruits and vegetables.**

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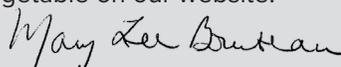
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Not sure how to prepare a new vegetable or fruit? Search for healthy and affordable recipes by featured vegetable on our website!


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Finger Lakes Eat Smart New York