



Wild Maine Blueberry Crisp

Serving Size: ½ Cup

Number of Servings: 32

Meal Pattern Contribution: ½ cup fruit, 1/8 cup whole grain

Source: Wild Maine Blueberries

Ingredients:

- 4.5 lb frozen wild Maine blueberries
- 4 Tbsp whole grain flour
- 1 lb rolled oats
- 0.5 lb whole grain flour
- 1 ½ cups brown sugar
- ½ cup white sugar
- Pinch of salt
- 1 tsp nutmeg
- 0.5 lb butter

Instructions:

1. Preheat the oven to 350.
2. Spray 2" hotel pan with cooking spray.
3. Measure blueberries and add to the pan.
4. Toss blueberries with 4 tbsp of flour.
5. In another bowl, mix flour, oats, sugars and butter until crumbly.
6. Spread evenly over the blueberries.
7. Bake at 350°F for about 30 minutes until 135°F minimum, golden on top and bubbly below.
8. Portion pan into 4 x 8 for 32 servings of ½ cup of fruit.

Did you Know...

- Blueberries were called "Star Fruits" by North American Indigenous Peoples, because of the five-point star shape on top of the berry.
- Wild blueberries are full of vitamins, minerals, fiber, and antioxidants.
- In Maine, over 44,000 acres of wild blueberries grow naturally.
- The history of blueberries in Maine dates back centuries to Maine's Native Americans.
- A single blueberry bush can produce up to 6,000 blueberries per year.
- The top producers of blueberries are the United States, Canada, and Chile.
- The white/silver "bloom" that is found on blueberries is a naturally-occurring compound that helps to protect the fruit- don't wash your blueberries until right before you eat them!
- Be sure to store your blueberries in the refrigerator- they can keep for up to ten days.