BARRY THE BLUEBERRY

October

It's October and we are scarily excited to introduce our new superhero fruit of the month!

Can you guess who I am?

Who am I?

- I am a small, round, blue/purple fruit with a star shape on my head.
- I taste sweet, juicy, and packed with goodness.



Did You Know?

- People have been eating me for more than 13,000 years
- I have a 5-pointed star shape on my head
- I take between 4-8 years before I start producing any fruit but can live for up to 50 years.

Where Can You Find me?

- I am native to North America but you can now find me in supermarkets all around the world
- I can be grown in Ireland from June-October
- Once bought, you should store me in the fridge.

Why you Should Eat me?

- First of all, I taste delicious but best of all I help you grow big and strong!
- I am full of ***vitamin C*** which boosts your immune system!
- I contain ***fibre,*** which aids digestion!
- I am high in ***vitamin K*** which helps any cuts or wounds heal!

Fun Ways to Eat me

- I can be eaten as a snack or in your cereal
- You can add me to smoothies or as a topping on pancakes
- Get your chef's hat on and turn over for some cool recipes



BLUEBERRY SMOOTHIE

LOW PROTEIN FREINDLY

Servings: 2
PREP TIME: 5 minutes



Ingredients

- 175ml low protein milk
- 150g blueberries
- 1 banana
- 1/2 ml vanilla extract (optional)

Method

- Place the ingredients in the order listed into a blender
- Blend, starting on low speed and increasing to high until the mixture is smooth (about 30 -60 seconds).
- Pour into glasses and serve

Serving Suggestion: Add some whole blueberries on top along with some mint leaves



"Lets Get Cooking"





BLUEBERRY PANCAKES

LOW PROTEIN FREINDLY

RECIPE MAKES: 3 pancakes
PREP TIME: 10 mins
Cook time: 10 mins



For the Pancake

- 90g Fate low protein all-purpose mix
- 20g Butter
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 150ml ProZero®
- 1 teaspoon oil
- Filling Ideas:
- blueberries
- Koko yoghurt (optional)



Step 1
Place Fate low protein all-purpose mix, butter, baking powder and baking soda into a mixing bowl and rub together with your fingers until butter is evenly distributed and mix resembles sand.

Step 2
Whisk in ProZero gradually until a smooth batter is formed. Mix some blueberries into batter.

Step 3
Heat a non-stick frying pan over medium heat and add oil.

Step 4
Add a ladle of batter to the pan. Wait until top of pancake begins to bubble, then flip over and cook until both sides are golden brown.

Step 5
Repeat until all mixture is used.