AUGASON FARMS®

All Natural

Freeze Dried Blueberries

Fruits
Augason Farms freeze dried fruits are frozen then processed to remove the moisture. They still maintain their same size, color, and fresh taste.

Freeze Dried Whole Blueberries
Augason Farms Freeze Dried Whole Blueberries are a delicious snack that everyone is sure to enjoy. They mix beautifully in pancakes and muffins.

Blueberry Sour Cream Crumb Pie
3 cups Augason Farms Freeze Dried Whole Blueberries
1 pint sour cream
2 eggs – beaten
1 cup sugar
1 teaspoon vanilla
1/2 teaspoon cinnamon

Cover blueberries with lukewarm water and let sit for 15 minutes until rehydrated. Drain berries and combine with all filling ingredients. Spoon berry mixture into prepared crust. Sprinkle with remaining crumbs and bake at 350˚F for 50 minutes. Serve warm or chilled, topped with whipped cream.

Blueberry Muffins
1 cup whole wheat flour
1 cup unbleached flour
2 teaspoons baking powder
1 cup milk or buttermilk
2 eggs – beaten
1/4 cup butter – melted
1/3 cup sugar
1 teaspoon vanilla
1 cup Augason Farms Freeze Dried Whole Blueberries
Pinch of salt

Rehydrate blueberries in lukewarm water for 15 minutes. Grease or line a muffin tin with papers. Sift dry ingredients. Beat eggs, milk, butter, vanilla, and sugar together. Add to dry ingredients. Drain blueberries and add to muffin mixture. Spoon into muffin tin and bake at 375˚F for 25-30 minutes or until golden brown. Makes 12 muffins.

DIRECTIONS:
Yield: 1/2 cup whole blueberries.
1. Mix 1/2 cup blueberries to 1 cup of warm water.
2. Let stand for 5 minutes.
3. Serve.

Use as a snack, in desserts, cereals, or fruit smoothies, etc..
Cover raspberries with water. Add sugar to raspberries and stir well until sugar is dissolved. Slowly sprinkle Ultimate Gel while stirring to prevent lumps. May add additional water to desired consistency.

INGREDIENTS: Freeze dried blueberries.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

Contains oxygen absorber. Discard immediately upon opening.

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 30 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

Nutrition Facts
Serving Size: 1/2 cup (13g)
Servings Per Container: 26

Amount Per Serving	
Calories 50	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 2g	**9%**
Sugars 11g	
Protein 0g	

Vitamin A	2%	Vitamin C	4%
Calcium	0%	Iron	0%

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	**2,000**	**2,500**
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

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26 SERVINGS
NET WT. 12.0 OZ (340 g)