

Freeze-Dried Blueberries

Prepare

To make one serving:

- 1 Open pouch, remove oxygen absorber.
- 2 Pour 1/8 cup of cool water in a bowl.
- 3 Add 1/4 cup of blueberries to cool water.
- 4 Let sit 5-10 minutes or until tender.
- 5 Or snack on them without reconstituting.

Nutrition Facts

8 Servings Per Container

Serving Size **1/4 Cup (7g)**

Amount per Serving

Calories **25**

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 1g

Vitamin D 0mcg **0%**

Calcium 5mg **0%**

Iron 1mg **6%**

Potassium 38mg **0%**

* 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.

V2.3

INGREDIENTS: blueberries.



NET WT. 1.97 oz (56g)

Makes 8 Servings

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