

Hey Kids! Here's Some Blueberry Fun Just for You!

Blueberry Power Puzzlers

Which two
smoothies are
exactly the same?



Use the number code to solve the message below!

1	2	3	4	5	6	7	8	9	10	11	12
Y	U	T	C	A	S	R	O	E	B	K	D

Blueberries will...



Answers: Smoothies: 3 & 5; Code game: Rock your taste buds!


blueberries®
Little Blue Dynamos®

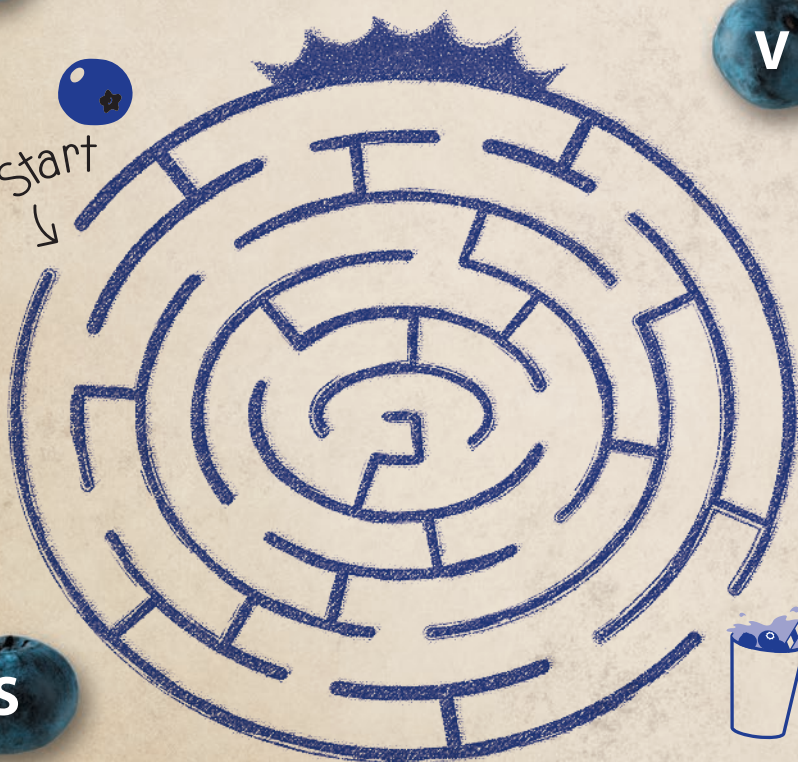
The Little Blue Mix-Up

What's blue, comes through a straw and makes you feel energized? An amaze-ing blueberry smoothie!

Help this Little Blue Dynamo make it through the maze to his smoothie.



start
↓



Can you find 6 blueberries with letters hidden in this activity book? Fit the letters into the spaces below to discover what blueberries are full of!



Dot-to-dot and Color Blue



Did You Know...

that just 1 cup of
blueberries helps meet
your body's
daily need
for colorful
fruits and
vegetables?



Say this fast
five times:

Blueberry bushes bring
big beautiful blueberries.


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A Century of Blueberries



That's how long blueberries have been traveling from farm to store to table in the U.S.!

What kind of music do blueberries like?

The Blues, of course!

Roses are red,
blueberries
are blue;
Eat these dynamos every
day, they're good for you!

Did You Know...

blueberries
have
fiber and
vitamin C?



Blueberry Party Mix

Makes 4 Cups

Ingredients

- 1 cup dried blueberries
- 1 cup chopped walnuts
- 1 cup thin pretzels, broken
- 1 cup granola or other cereal

Instructions

1. In a large bowl, combine the blueberries, walnuts, pretzels and granola
2. Store in an airtight container
3. Best if used within a week

Pick up more blueberry puzzles at
littlebluedynamos.com