- Prep time: 10 minutes
- Cook time: 20 minutes (stovetop method) / 0 minutes (blender method)
- Total time: 30 minutes (stovetop) / 10 minutes (blender)
- Servings: Makes approximately 4 cups (1 liter) of juice
- Category: Beverage, Drink
- Cuisine: American, Healthy

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Ingredients

For the Blueberry Juice:

- Blueberries: 6 cups (about 3 pints or 900g) fresh or frozen blueberries. (If using frozen, there’s no need to thaw them first).
- Water: 4 cups (1 liter) cold water.
- Sweetener (Optional): 2-4 tablespoons honey, maple syrup, or granulated sugar, to taste. (Blueberries vary in sweetness, so adjust accordingly).
- Acid (Optional but Recommended): 1 tablespoon freshly squeezed lemon or lime juice. This brightens the flavor and helps preserve the color.
- Flavor Enhancers (Optional): A few fresh mint leaves, a cinnamon stick, or a split vanilla bean for a unique twist.

Equipment:

- For Stovetop Method: Medium saucepan, potato masher, fine-mesh strainer or cheesecloth, large bowl, sterilized glass bottles or jars.
- For Blender Method: High-speed blender, fine-mesh strainer or nut milk bag, large bowl, glass bottle.

Instructions

Method 1: Stovetop Simmer (Best for a Concentrated, Shelf-Stable Juice)

This method gently cooks the blueberries to release their juices and creates a richer, more intense flavor. It’s ideal if you want to make a larger batch to store in the refrigerator.

1. Prepare the Blueberries: Rinse the fresh blueberries under cold water and pick out any stems or leaves. If using frozen, measure them directly into the saucepan.

2. Combine Ingredients: In a medium saucepan, combine the blueberries, water, and your chosen sweetener (if using). Bring the mixture to a boil over high heat.

3. Simmer and Mash: Once boiling, reduce the heat to low and let the mixture simmer for 15-20 minutes. As the blueberries soften, use a potato masher to gently crush them against the bottom and sides of the pan. This helps release more juice and flavor. Stir occasionally to prevent sticking.

4. Cool and Strain: Remove the saucepan from the heat and let the mixture cool for about 10 minutes. Place a fine-mesh strainer lined with a double layer of cheesecloth (or a clean, thin kitchen towel) over a large bowl. Carefully pour the blueberry mixture into the strainer.

5. Extract the Juice: Let the juice drip through the strainer naturally for 15-20 minutes. Do not press or squeeze the solids, as this can make the juice cloudy and introduce bitterness. For a clearer juice, resist the urge to press. Once most of the liquid has

drained, discard the solids (or save them for composting).

6. Finish and Store: Stir in the lemon juice and any optional flavor enhancers. Taste the juice and adjust the sweetness if needed by adding a little more honey or sugar while the juice is still slightly warm. Pour the finished juice into sterilized glass bottles or jars. Store in the refrigerator for up to 5-7 days. This juice can also be frozen in ice cube trays for later use.

Method 2: Blender Method (Quick and Raw)

This method is incredibly fast and preserves the raw, fresh flavor of the blueberries. It's perfect for making a single batch to enjoy immediately.

1. Prepare the Blueberries: Rinse the fresh blueberries thoroughly. If using frozen, measure them directly.

2. Blend: Combine the blueberries, 3 cups of cold water, lemon juice, and sweetener (if using) in a high-speed blender. Blend on high for 1-2 minutes until the mixture is completely smooth and frothy.

3. Strain: Place a fine-mesh strainer or a nut milk bag over a large bowl or pitcher. Carefully pour the blended mixture into the strainer. Use a spatula or the back of a spoon to gently press the pulp against the strainer to extract as much juice as possible. (Unlike the stovetop method, you can press this mixture more vigorously, as the goal is to extract maximum juice, and a little cloudiness is acceptable).

4. Adjust and Serve: Taste the juice. Add the remaining 1 cup of water to reach your desired consistency. Adjust sweetness with more honey or sugar if needed. Serve

immediately over ice, or chill in the refrigerator for at least 30 minutes before serving. Store in the refrigerator for up to 3-4 days. Shake well before drinking, as natural separation will occur.

Tips for the Perfect Blueberry Juice

- Choose Ripe Blueberries: The sweetness and flavor of your juice depend entirely on the quality of your berries. Look for plump, deep-blue berries with a silvery “bloom” on their skin, which is a sign of freshness.

- Frozen Blueberries are Your Friend: Frozen blueberries are picked at peak ripeness and are often more consistently sweet than fresh ones. They also break down more easily, making them perfect for juicing. They are a fantastic, year-round option.

- Don’t Over-Sweeten: Start with a small amount of sweetener and add more to taste. The natural sweetness of the blueberries should be the star of the show.

- The Lemon Juice is Key: The addition of lemon or lime juice isn’t just for flavor. The acidity helps to stabilize the anthocyanins (the pigments that give blueberries their color), keeping your juice a vibrant, beautiful purple-red instead of a dull brown.

- Use the Leftover Pulp: Don’t throw away the blueberry pulp! It can be stirred into yogurt, used as a topping for oatmeal or pancakes, or even baked into muffins for an extra boost of fiber and flavor.

Nutrition Information

Please note that the following nutrition information is an estimate and will vary based on the specific ingredients and portion sizes used. This analysis is for the unsweetened version of the juice.

Per Serving (1 cup / 240ml):

- Calories: 45 kcal
- Total Fat: 0g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 5mg
- Total Carbohydrates: 11g
- Dietary Fiber: 1g
- Total Sugars: 8g
- Protein: 1g

- Vitamin C: 10% of the Daily Value (DV)
- Vitamin K: 15% of the DV
- Manganese: 20% of the DV