

AIRDIE Echo

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Airdie, Alberta

BACK TO SCHOOL

Get a blue start to the school day

Looking for a quick and healthy recipe for the back-to-school rush?

Leading Brands Inc., a premium healthy beverage company, is introducing a healthy smoothie recipes that the whole family can enjoy.

TrueBlue Blueberry Banana Smoothie

1 1/2 cups (175 ml) TrueBlue® Blueberry Juice Cocktail
1/2 cup (125 ml) vanilla yogurt
1 ripe banana
1 tbsp (15ml) honey, optional
Measure all ingredients in a blender and blend on high until smooth.

What are the key benefits of blueberries? Blueberries are the

top antioxidant fruit (USDA research ranks blueberries number one among 40 fruits and vegetables in antioxidant activity). Research shows that blueberries may:

- lower cholesterol;
- slow down the aging process;
- reduce the risk of such diseases as cancer, heart disease and stroke;
- reduce the risk of urinary tract infection; and
- ease eye fatigue and may improve eyesight.

TrueBlue® was recently recognized as best blueberry beverage of 2005 by the North American Blueberry Council and best cold beverage in 2006 by the People's Choice at the Good Food Festival in Toronto. Lightly sweetened with cane sugar rather than high-fructose corn syrup, TrueBlue® is



GOOD TO GO: A blueberry smoothie is a quick, nutritious way to start the day.

Photo courtesy of Leading Brands Inc.

high in antioxidants and a 473 ml serving contains the juice of a full serving (one-half cup) of blueberries.

For more information and recipes, visit: www.trueblueberry.com