



Edmonton
Tuesday June 27, 2006

Jill Klosowski/TrueBlue

TrueBlue is a new Canadian blueberry beverage now on the market. The blueberry cocktail has been awarded the "Best New Blueberry Beverage" of 2005 by the North American Blueberry Council, and "Favourite Cold Beverage" of 2006 by the People's Pick in Toronto. Jill Klosowski from "TrueBlue" came on BT to tell us all about the benefits of blueberries and to give us a sample of TrueBlue. According to the USDA, blueberries are the #1 antioxidant fruit; Blueberries can lower cholesterol better than prescription drugs; Blueberries strengthen collagen formation, thereby reducing the signs of aging; Enjoy the goodness of blueberries year round! Each 16oz serving of TrueBlue contains as much juice as a full serving of fresh blueberries. Jill showed us some quick recipes that can be made with blueberry juice, including a blueberry smoothie for diabetics and a blueberry vinaigrette salad dressing.

For more info on TrueBlue, go to:
www.trueblueberry.com