

MOUNTAIN NEWS

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Hamilton, ON

Enjoy blueberry milkshake

Leading brands, Inc., a premium healthy beverage company, introduces a fun and unique blueberry milkshake recipe that will put a smile on everyone's face this spring.

Ingredients

1 cup TrueBlue Blueberry Cocktail

1 cup vanilla ice cream

1 cup fresh or frozen blueberries, optional

Combine TrueBlue Blueberry Cocktail, ice cream, and blueberries. Blend all ingredients in a food processor or blender.

TrueBlue is available in six flavors including Blueberry, Blueberry-Blackberry, Blueberry-Cranberry, Blueberry-Iced Green Tea, Blueberry-Pomegranate and Blueberry-Raspberry in 64oz PET bottles. For more recipes visit www.trueblueberry.com

