



November 9, 2006

Atlanta, Georgia

COCKTAILS

Blueberry Cider

Cocktail hour

Girls, put away that nasty tube of Retin-A. Step away from the tiny tub of glycolic acid. If you want to look and feel younger, eat more [blueberries](#).



Say what? Well, perhaps to combat the deluge of [cranberry](#) and pomegranate propaganda that starts up this time of year, blueberries have staged a coup with a cocktail from a company called TrueBlue. We already know that blueberries are A-1 anti-oxidants, but good berries are hard to get this time of year. TrueBlue claims its "natural" juice is sweetened lightly with cane sugar (not high-fructose corn syrup) and has 25 percent fewer calories than cranberry products.

— Meridith Ford

Blueberry Cider

2 servings

This is a nice change from apple and cranberry cider, and is full of age-defying anti-oxidants.

3 cups TrueBlue Blueberry Cocktail juice
2 tablespoons light brown sugar
4 whole cloves
2 cinnamon sticks, broken in half
1 cup fresh or frozen blueberries, optional

Combine the TrueBlue Blueberry Cocktail juice, brown sugar, cloves and cinnamon sticks in a pot. Heat on high and bring to a boil. Reduce the heat and simmer for 15 to 20 minutes. Remove the cloves and cinnamon sticks. Add blueberries (optional), heat and serve immediately.