

# Daily Camera

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Boulder, CO

April 25, 2007

**SIPPIN'**



**Your mom or any nutritionist will tell you that eating whole fruit is the best way to get your antioxidants. But if you're looking for something tasty with some health benefits as a bonus, try TrueBlue drinks. They're 25 percent juice and come in six flavors. Our favorite ways to drink them: Mix seltzer and TrueBlue for a refreshing soda. Or make a bluetini for weekend sipping: Mix 4 ounces blueberry or plain vodka, 2 ounces blueberry juice and ½ to 1 ounce Cointreau or Grand Marnier. Chill over ice. Strain and pour into two chilled martini glasses. Garnish with frozen blueberries. Available at area grocery stores for \$1.89 for 16 ounces.**