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Boston, MA



TrueBlue!

All I can think when I drink TrueBlue juice is: How many tiny blueberries did it take to make this delicious beverage? On the other hand, one might consider the health benefits of consuming so many blueberries. For instance, the USDA ranks blueberries as the number one antioxidizing fruit or vegetable. They promote urinary tract health, lower cholesterol, strengthen collagen formation (for younger looking skin), and are even are known to prevent the most common cause of blindness.

Lucky for us, the healthful blueberry is available year-round, and in drinkable format. Enter TrueBlue blueberry juice, voted "Best New Blueberry Beverage in 2005" by the North American Blueberry Council. Although I have to wonder whether the competition was stiff or not, I can verify that TrueBlue is tasty. I'd even go so far as to say I would happily drink it every morning--it even has 25% fewer calories than most cranberry juices. Fabulous! And while I haven't experimented, I can also imagine it would make a fantastic mixer for a fresh cocktail. My point? Go out and get yourself some; and for you trendsters out there, it's also available in Blueberry Pomegranate.