

# GOLD COUNTRY TIMES

Sutter Creek, California  
December 2006

## A Quick and Easy Recipe for the Holiday Season

By Jill Klosowski

Leading Brands Inc., a premium healthy beverage company, introduces a fun and unique blueberry cider recipe that will impress every holiday guest.

### *INGREDIENTS:*

3 cups (750 mL) TrueBlue Blueberry Cocktail (or any other flavor)  
2 tbsp (30 mL) brown sugar  
4 whole cloves  
2 cinnamon sticks, broken in half  
1 cup (250 mL) fresh or frozen blueberries, optional



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

TrueBlue® Blueberry Juice Cocktails recently was awarded the "Best Beverage in 2006" by America's Best Food Show and the "Best Blueberry Beverage in 2005" award by the North American Blueberry Council.

TrueBlue® Blueberry Juice Cocktails, was launched in early 2005. Lightly sweetened with cane sugar (not high fructose corn syrup), the product is 'all natural'. Each 16oz serving contains as much juice as a full serving of fresh blueberries.

With 25% fewer calories per serving than most cranberry-based products, TrueBlue® is also a preferred dietary choice for health-conscious consumers. For more details on TrueBlue® and recipes, [www.trueblueberry.com](http://www.trueblueberry.com).

With all the benefits of blueberries including being the #1 antioxidant, lowering cholesterol and slowing the aging process, it's no wonder why consumers enjoy this power packed juice especially since you can't get fresh blueberries year round!