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Blueberry juice has all benefits of fruit

Nearly everyone is aware of the antioxidant properties of the blueberry, but did you know research shows those tiny berries bursting with juice have other health benefits?

Blueberries may: slow down the aging process; reduce the risk of diseases such as cancer, heart disease and stroke; reduce the risk of urinary tract infection; ease eye fatigue and may improve eyesight; and reduce cholesterol levels?

Lyman Orchards in Middlefield's pick-your-own blueberry season is months away - the crop is ready starting in early July. Until then, consumers can haunt the produce or freezer section of their local grocer.

But now, there's an option for the pantry: TrueBlue, a juice without high-fructose corn syrup. A 16 oz. serving contains the juice of a full serving of blueberries and 100 percent of the RDA of Vitamin C and comes in many flavors: Blueberry, Blueberry Green Tea, Blueberry Cranberry, Blueberry Pomegranate, Blueberry Raspberry and Blueberry Blackberry.



Here are some recipes to get you started:

Blueberry Raspberry Frappé

Serves 3 to 4

2 cups TrueBlue Blueberry Cocktail

1½ cups crushed ice

1 cup raspberry sorbet

Mix TrueBlue Blueberry Cocktail and ice in a blender and blend on high until smooth. Add sorbet and blend on medium until mixed well. Serve immediately.

Blueberry Milkshake

Serves 2

1 cup TrueBlue Blueberry Cocktail

1 cup vanilla ice cream

1 cup blueberries, fresh or frozen (not thawed)

Blend all ingredients in a food processor or blender. Add 2 tbsp TrueBlue if a thinner consistency is desired.

Blueberry Banana Smoothie

Serves 2

1½ cups TrueBlue Blueberry Cocktail (or any flavor), chilled

½ cup vanilla yogurt

1 ripe banana

1 tbsp honey, optional

Blend all ingredients in a food processor or blender until smooth and creamy. Serve immediately.

For information, see www.trueblueberry.com.