

Wednesday July 5, 2006

For true-blue blueberry lovers

Violet Beauregarde of Willy Wonka fame might be the only person in the world who finds blueberries a rather distasteful subject. After all, she *did* turn into a girl-sized blueberry in Roald Dahl's "Willy Wonka and the Chocolate Factory."

For the rest of us, the bounty of blueberries to be had of late offers unending delights.

To spread the cheer, the makers of TrueBlue Blueberry Juice Cocktail offer the following recipe for a cool, blue summer.

TRUEBLUE BLUEBERRY VANILLA SOY SMOOTHIE

- 3/4 cup TrueBlue Blueberry Cocktail
- 1/2 cup vanilla-flavored soy milk
- 1/2 cup fresh/frozen blueberries
- 1/4 cup vanilla-flavored soy yogurt
- 1 cup crushed ice.

Blend all ingredients in a blender until smooth.

Contact the Back Burner with food and restaurant news at cwatson@santacruzsentinel.com.



Contributed photo

Stay cool this summer with a blueberry smoothie.