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One good drink

Hot cider is a popular autumn treat, but apples aren't necessarily required. Try using TrueBlue Blueberry Cocktail, and you'll not only have a delicious drink but a healthful one, too. (Blueberries are the No. 1 antioxidant fruit; antioxidants have been shown to slow down the aging process, cut risk of heart disease and cancer, and reduce cholesterol levels.) TrueBlue is available in six flavors: Blueberry, Blueberry Green Tea, Blueberry Cranberry, Blueberry Pomegranate, Blueberry Raspberry and Blueberry Blackberry, and can be found in major supermarkets, including Spartan stores. TrueBlue retails for \$4.99 for a 64-ounce bottle and \$1.89 for a 16-ounce bottle. And if you visit www.trueblueberry.com, there's a 40-cents-off coupon. See the recipe below to learn how to make a great blueberry cider.

Blueberries beat out apples for exciting cider

Serve this Warm TrueBlue Blueberry Cider after a long, chilly day of leaf raking.

**3 cups TrueBlue Blueberry Cocktail
(or any other flavor)**

2 tablespoons brown sugar

4 whole cloves

2 cinnamon sticks, broken in half

**1 cup fresh or frozen blueberries,
optional**

Combine TrueBlue Blueberry Cocktail, brown sugar, cloves and cinnamon sticks in a heavy 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. Serves 4.

