



November 17, 2006

Vero Beach, Florida

## Let's talk Turkey Day in many different ways

We have a few unique recipes to add a different touch to your traditional holiday dinner. If you're looking for something a little unusual to drink, along with the wine or other festive beverages, the makers of "TrueBlue" offer an interesting BLUEBERRY HOLIDAY CIDER.

Blueberries have been touted as the No. 1 antioxidant, lowering cholesterol and slowing the aging process. We don't consider this cider a prescription for perpetual youth, but it sure does taste good!

### HOLIDAY BLUEBERRY CIDER

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

Combine 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.