

HOLIDAY HINTS

THE HOLIDAYS MEAN HAVING A LOT ON YOUR PLATE. FORTUNATELY, YOU CAN EASILY BALANCE YOUR MENU WITH A NO-MUSS, NO-FUSS OPTION: BLUEBERRIES. JUST RINSE AND GO. THEY'RE GREAT FOR MUNCHING WHILE COOKING AND THEY CAN ADD A BURST OF SWEET-TART FLAVOR TO YOUR FAVORITE SAUCES, COMPOTES, JAMS OR CHUTNEYS. FRESH BLUEBERRIES ARE A SOURCE OF FOUR ESSENTIAL NUTRIENTS—FIBER, VITAMIN C, VITAMIN K AND MANGANESE—AND HAVE ONLY EIGHTY CALORIES PER CUP. FOR HOLIDAY RECIPES, TIPS AND FUN WAYS TO CELEBRATE WITH BLUEBERRIES, VISIT POSITIVELY-BLUE-TIFUL--DOT--COM.