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.