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QUICK TRICKS WITH BLUEBERRIES

Now you see them, now you don't. Blueberries are so good, they vanish in a flash. Blueberries are sweet and delicious at any time of day, any time of year. And regardless of their form—fresh, frozen, canned, dried or juice—they give you a load of antioxidants that help keep you healthy.

When you have a stash of blueberries, you can go to your fridge, freezer or cupboard, and—presto!—something delicious will suddenly appear. Here are some easy-to-master tricks you can perform with blueberries:

- Chop peaches or pineapple into chunks and toss with fresh blueberries—stir in a bit of crystallized ginger for zing.
- Take a break with a low-cal treat. Simply stir fresh blueberries into partially set sugar-free lemon-flavored gelatin, chill 'til firm and enjoy.
- Shower a scoop of peach ice cream with partially thawed frozen blueberries.
- Ladle pancake batter onto a hot griddle, then scatter frozen blueberries over the batter and finish cooking as usual.
- Blend drained canned blueberries with a banana, milk and crushed ice for a beautiful, deep purple smoothie.
- Drizzle canned blueberries and some of their syrup over ice cream, yogurt or rice pudding.

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- Fill a snack-size bag with dried blueberries to take wherever you go—to the beach, office or mall.
- Scatter dried blueberries, toasted nuts and crumbled blue cheese over a fresh spinach salad.
- Stir blueberry juice into ice-cold sparkling mineral water or lemonade.
- Add a splash of blueberry juice to tea, hot or iced.