

FUEL UP WITH  
FRUIT

# Beautiful Blueberry

Its deep velvety color is a clue that it is full of heart-healthy antioxidants. This superfood is always a crowd pleaser.

## SPRINKLE

Top salads and cereals with a handful for an antioxidant boost.

## COOK

Heat in a saucepan until bursting for a healthy, fruity topping.

## FREEZE

Grab a handful for a chilly snack or add to your favorite smoothie.

