## Wrap the Holidays in Boosts of Blue

Blueberries are a delicious, nutritious indulgence you can celebrate all season



Are you ready for the tastiest time of year? We can't wait for all the holiday festivities – and oh-so-many boosts of blue. From the crisp, fall flavors of Thanksgiving to the sweet, fizzy joy of New Year's, blueberries bring big flavor, bright color and beneficial nutrients to every occasion.

When you have a lot on your plate, it's helpful to have simple, smart choices you can make every day. Blueberries are a good source of vitamin C and fiber, with virtually no fat. You can feel good about grabbing and giving boosts of blue all season long! Here's some delicious inspiration to get you started.



## **HOLIDAY TIPS FOR ENJOYING A BOOST OF BLUE**





Start your day – or kickstart your kitchen adventures with a Blueberry Chai Latte.



Be prepared for drop-by guests and anytime snack attacks – simply keep a loaf of Blueberry Pumpkin Bread on hand!



Shake up your Thanksgiving menu with a savory-sweet showpiece: Blueberry Goat Cheese Galette.



Bring extra fall flair to your dessert spread with Ginger 'n' Spice Bubbling Blueberry Pie, aka America's Best Blueberry Pie.











## DECEMBER: Celebrating in Style

Warm yourself from head to toe with a Blueberry Honey Cinnamon Toddy, equally delicious in cocktail and mocktail form.

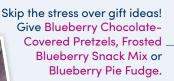
Bring lighter snacks like dried blueberries or trail mix on your holiday errands for quick, healthful boosts!



Debut a buzzworthy new side dish at gatherings like Balsamic Blueberry Mascarpone Crostinis.











Get your kids in the kitchen! Let younger kids help with prep and simple recipes, while teaching older kids the top-secret family recipes.



with a pre-made Better-For-You Blueberry Coffee Cake for brunch (or whip up Easy Blueberry Orange Cinnamon Rolls).

Know someone missing their holiday celebration due to work? Make them special treats to take and share during their shift.

Graze on simple, satisfying apps all night, from Blueberry Caprese Skewers and Slow Cooker Meatballs to Blueberry Brie Tartlets. Snag some champagne (or sparkling juice) and toast the year ahead with a refreshing Blueberry Sparkler.

Drop off food at your local food bank - but check their website or social accounts first to see if they have any urgent needs.

Brighten any party – and mood – with a lush, richly hued Blueberry Chocolate

Embrace the spirit of the season as a family by learning about the work of No Kid Hungry and making a donation.







Simple, healthy, delicious blueberries pair perfectly with the joy of the holiday season.Bring people together the most festive way ... with a boost of blue!

## **KEEP YOUR BLUEBERRY ENTHUSIASM GOING ALL YEAR LONG:**

Visit blueberry.org regularly and Follow USHBC on Facebook, Instagram, TikTok and Twitter for more blueberry inspiration in your news feeds.



