



# GIVE YOUR HOLIDAYS A BOOST OF BLUE

With a bright burst of color and flavor,  
blueberries make every occasion a celebration



If you enjoy getting festive (and we do!), there's nothing like the holiday season, with opportunities to celebrate all the way from Halloween to New Year's Eve. Blueberries are made for this time of year, whether you're adding a pop of sweet-tart flavor as you whip up a delicious dish or grabbing a quick, healthy snack as you juggle holiday tasks from meal prep to gift wrapping.

**Remember:** blueberries are a good source of vitamin C and fiber, and they have virtually no fat. So, in a busy-but-delightful season, they're a no-muss, no-fuss choice you can enjoy and feel good about. There are so many tasty ways to give a boost of blue – to yourself and all the lucky people in your life.

## TIPS FOR SHARING A BOOST OF BLUE THIS HOLIDAY SEASON

### Keep it Simple

- Divide a carton of blueberries between several small, reusable containers or bags. Stash in the fridge or freezer to grab as an anytime snack.
- Manage the Halloween sugar rush: after a nutritious dinner, bring a bag of dried blueberries or trail mix with roasted pumpkin seeds for trick-or-treat snacking.
- Spread some [blueberry mayo](#) on your post-Thanksgiving turkey sandwiches for a quick, yummy boost of blue.
- Set up a [parfait](#) station for an easy-but-special holiday breakfast! You can add as many ingredients as you like (blueberries are a must).

### Seasonal Sipping

- Brew some [Blueberry Witch's Potion](#) as an extra-spooky Halloween treat for the big witches and wizards craving a cocktail.
- Warm up and take a boost-of-blue break on crisp fall days with a [Blueberry Chai Latte](#).
- Whip up [Easy Blueberry Eggnog](#) as a pretty, yummy complement to any party – or an evening on the couch.
- Mix a [Blueberry Sparkler](#) for a refreshingly fizzy cocktail that's equally toast-worthy at midnight or brunch the next day.
- Make any fizzy cocktail more fun by adding blueberries to the glass. The color itself screams 'festive' and you'll love the sweet-tart pop at the end!



Super Blueberry  
Breakfast Parfait



Easy Blueberry  
Eggnog

## Holiday Showstoppers

- Make these [Blueberry Mini Mummy Muffins](#), and watch your little monsters come unraveled at the boost of blue. They're fun to say and fun to eat!
- Liven up your turkey with a [Blueberry Balsamic Glaze](#) – or take turkey to the next level with mouth-watering [Blueberry & Brie Turkey Wellington](#).
- Serve up an unexpected side with unbelievable taste: [Blueberry & Walnut-Stuffed Sweet Potatoes](#). Sweet, savory, scrumptious.
- Try your hand at America's Best Blueberry Pie: [Ginger 'n' Spice Bubbling Blueberry Pie](#)! You can enjoy [Dreamy Creamy Blueberry Slab Pie](#) and [Honey Roasted Blueberry and Ginger Marshmallow Cream Pie](#), too. They're all winners!
- Toss in a handful of blueberries to any of your favorite side dishes to add a surprisingly delicious twist. (Hint: blueberries are fabulous in stuffing!)

## Gifts Everyone Will Love

- Simple, two-ingredient [Blueberry Chocolate Clusters](#) are great to fix in a hurry and will mold into festive shapes.
- [Blueberry Party Mix](#) is a healthy treat that brings the fun... along with some much-needed energy on the go.
- [Mini Blueberry Scones](#) make a yummy breakfast, dessert or quick bite between festivities for a boost of blue.
- [Blueberry Jam](#) is perfect for the hosts who have everything – they can stash for baking, cooking or just as a treat with morning toast.



Blueberry Mini  
Mummy Muffins



Roast Turkey with  
Blueberry Balsamic Glaze



Blueberry  
Party Mix

**'Tis the season to treat yourself and the people you love to many, many boosts of blue. You deserve to enjoy the ease, convenience, health benefits and deliciousness of blueberries!**