

# Wrap the Holidays in Boosts of Blue

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

Grab a  
boost of  
blue

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

NOVEMBER:  
Serving up Gratitude

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

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

1

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

2

3

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

4



## DECEMBER: Celebrating in Style



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

1

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

2

Skip the stress over gift ideas! Give **Blueberry Chocolate-Covered Pretzels**, **Frosted Blueberry Snack Mix** or **Blueberry Pie Fudge**.

3

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

4



## JANUARY: Ring in a Happy Blue Year

1

Snag some champagne (or sparkling juice) and toast the year ahead with a refreshing **Blueberry Sparkler**.

2

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

3

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

4

**Make your future self happy** with a pre-made **Better-For-You Blueberry Coffee Cake** for brunch (or whip up **Easy Blueberry Orange Cinnamon Rolls**).

5

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

6

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

7

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

8

Graze on simple, satisfying apps all night, from **Blueberry Caprese Skewers** and **Slow Cooker Meatballs** to **Blueberry Brie Tartlets**.



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](http://blueberry.org) regularly and Follow USHBC on **Facebook**, **Instagram**, **TikTok** and **Twitter** for more blueberry inspiration in your news feeds.