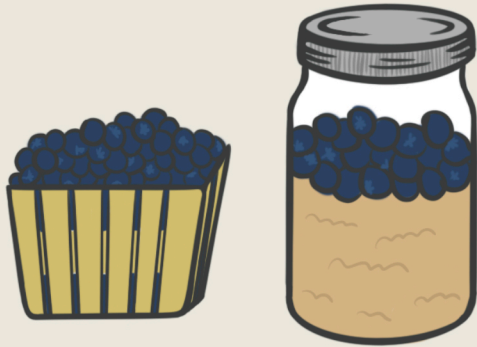


Vanilla Blueberry Overnight Oats

yields one serving



fresh blueberries
1/2 cup quick oats
1 cup unsweetened vanilla
almond milk
1 tbsp chia seeds
1/2 tsp vanilla extract
1/2 tsp cinnamon
1 scoop vanilla protein powder
(optional)

Combine all ingredients (except for blueberries) in a bowl or mason jar. Cover and leave in the fridge overnight. Top with fresh blueberries before eating.

Blueberry Vinaigrette

yields 8-10 servings



1/2 cup blueberries
1/2 cup olive oil
1 tbsp sherry vinegar
1 tsp dijon mustard
1 tsp honey
1 tbsp shallots
1/2 tsp salt

Puree all ingredients in a blender until smooth. Adjust seasonings to your taste. Shake before using to avoid separation.

Berry Cherry Sangria

yields one large pitcher



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- 1 bottle of pinot noir or merlot
 - 1/2 cup of brandy
 - 2 cups cherry pomegranate juice
 - 12 oz lemon-lime soda
 - 1 cup of blueberries
 - 1 cup of pitted cherries
 - 1 cup of sliced strawberries
-

Mix all ingredients (except for soda) in a large pitcher and chill for at least two hours before serving. Add soda just before serving.

Blueberry Peach Spritzer

yields one large pitcher



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- 1 bottle of sweet sparkling wine
 - 1 cup lemon-lime soda
 - 1 can peach nectar
 - 1 cup of blueberries
 - 2 cups peaches (slices or chunks)
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Add fruit to the bottom of a pitcher and then pour in wine and peach nectar. Chill at least 4 hours before serving. Add soda just before serving.