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Blueberries not only taste good, they're good for you. They contain high amounts of vitamins C and E and are have one the highest levels of antioxidants among fruits.

The average blueberry picking season is from May to September but thanks to freezing you can enjoy them year round. They are good by themselves, in salads, cereals and even severed in main dishes. And of course you can serve them in desserts.

Research shows that eating blueberries can slow the aging process and increase mental capacity.

For more information on the amazing health benefits of blueberries, click on the link below.

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