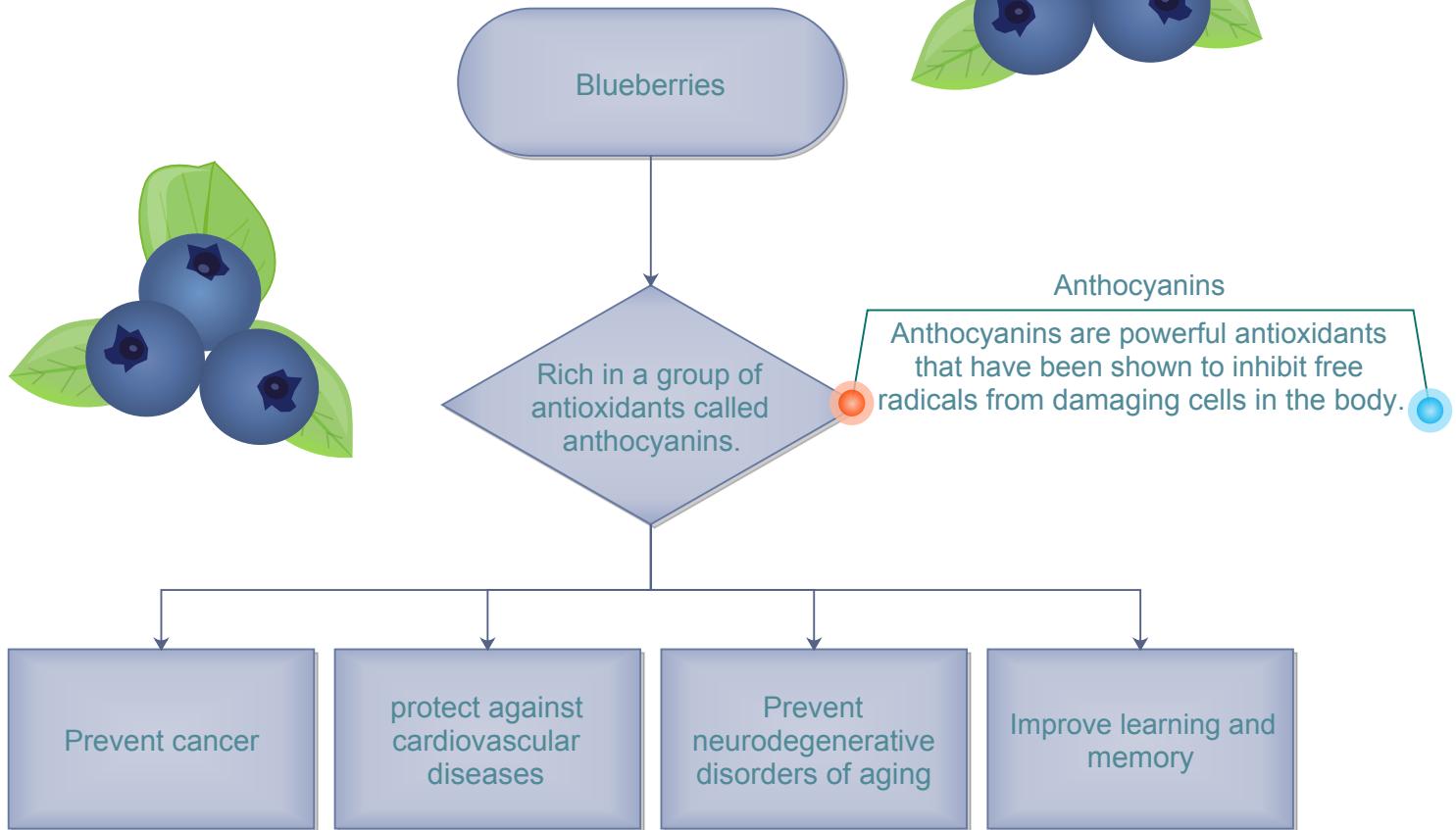
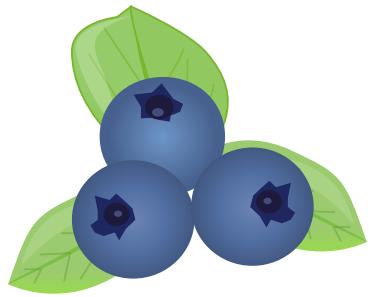
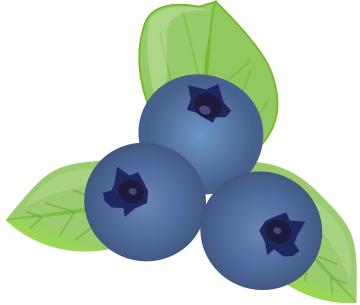


# Benefits of Blueberries



Tip

Do not wash blueberries until just before eating or putting in your recipes, otherwise they will becoming mushy.