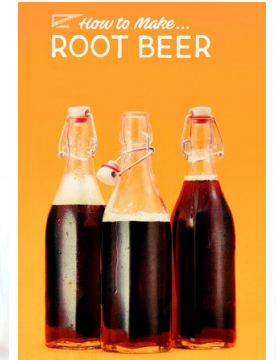
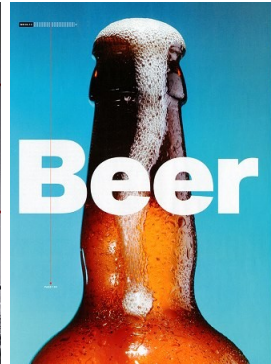


SUSAN OTTAVIANO / LIQUID





INGREDIENTS IN BERRY
COLORED FRUITS AND
VEGETABLES ARE RICH IN
ANTIOXIDANTS, WHICH
CAN HELP PROTECT
AGAINST CHRONIC
DISEASES. BERRIES
ARE ALSO HIGH IN
FIBER, WHICH CAN
HELP REGULATE
BLOOD SUGAR AND
IMPROVE DIGESTION.



This chocolate is
great, but chocolate
with mandarin
is better. But
hot chocolate with
mandarin is the
best. It's a
little bit of
both.



Mark Wahlberg's SPIKED SHAKES

Drinks from the actor's new
book, *Spiked Shakes*, are
easy to make and
taste great.

1. APPLE & HONEY
2. BLUEBERRY
3. CHOCOLATE
4. LEMON & HONEY
5. PINEAPPLE & HONEY



Sandra Lee's HOLIDAY COCKTAIL

This drink is perfect for
the holidays. It's easy to
make and tastes great.

