



**nature's
touch**

**We are the Frozen
Blueberry Experts
From Farm to Shelf**

We source the world's best Blueberries

Our cultivated blueberries grow tall in size and big in taste! We work hand in hand with the best Canadian blueberry farmers to provide frozen blueberries that truly stand out from the rest!

Growing Season:
June To August



BRITISH COLUMBIA

Fraser Valley

Known for its cleanest air, purest water and richest soils, Fraser Valley, British Columbia is one of the largest highbush blueberry growing regions in the world.

Blueberries are the kings of antioxidant foods

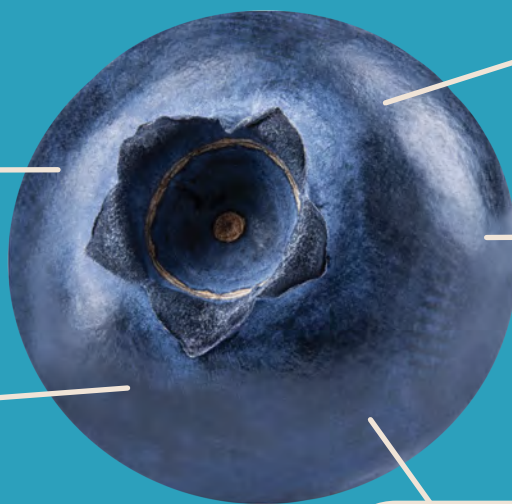
LOW IN CALORIES

HIGH IN FIBRE

HIGH IN ANTIOXIDANTS

HIGH IN VITAMIN C

FAT-FREE



A taste of Canadian frozen blueberries

Experience the difference and enjoy the great taste of Nature's Touch Frozen Blueberries straight From the bag !



Discover Our Favorite Recipes

Blueberry Smoothie

Ingredients:

- 1 cup Nature's Touch frozen blueberries
- 2 cups plain yogurt
- $\frac{3}{4}$ cup milk
- 2 Tbsp. sugar
- $\frac{1}{2}$ Tsp. vanilla extract
- $\frac{1}{8}$ Tsp. ground nutmeg

Directions:

Blend the frozen blueberries, yogurt, milk, sugar, vanilla, and nutmeg in a blender until frothy, scraping down the sides of the blender with a spatula occasionally. Serve immediately.

Blueberry Yogurt Parfait

Ingredients:

- 1 cup Nature's Touch frozen blueberries, thawed
- 2 cups yogurt (plain or flavoured)
- 1 cup granola

Directions:

Spoon out 2 tablespoons of yogurt, 1 tablespoon of granola and 1 tablespoon of blueberries into a tumbler. Repeat the process until all ingredients are equally distributed.



We pick nature at its peak to grow your business

Why work with us?

- #1 Frozen fruit private label supplier in the world
- 9 years' experience supplying to the Japanese market
- Industry-Leading Food Safety & Quality
- Passionate innovators
- Sustainably Minded

Ready to grow with the experts ?

Contact us :
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naturestouch.com

