

FRUIT/VEGETABLE OF THE MONTH!

July's featured fruit is the **BLUEBERRY**

BLUEBERRY FACTS:

Blueberry is a shrub. The flowering shrub produces berries with a bluish, purple color. The popular fruit is naturally sweet. Some people also use the fruit and leaves to make medicine.

Blueberries can help maintain brain function and improve memory and thinking skills (cognitive function) due to their antioxidant and anti-inflammatory properties.

Blueberries are delicious and EASY to use: Include them on cereal, add to pancakes, or make a smoothie!



HEALTH BENEFITS OF EATING BLUEBERRIES:

- Low in calories but high in fiber, vitamin C, and vitamin K.
- May help prevent certain types of cancers and protect against aging
- May decrease “bad” cholesterol (LDL)
- Regular consumption could lower blood pressure
- Can help maintain brain function, improve memory, and delay mental decline
- Can improve insulin sensitivity and lower blood sugar levels
- May help fight urinary tract infections

HEAVENLY BLUEBERRY SMOOTHIE RECIPE:

Servings: 2 | Yield: 2 | Total Time: 10 Min

Ingredients:

- 1 frozen banana, thawed for 10 to 15 minutes
- 1/2 cup milk of choice
- 1 cup vanilla fat-free yogurt
- 1 1/2 teaspoons ground flax seed (optional)
- 1 1/2 teaspoons honey
- 2/3 cup frozen blueberries

Directions:

1. Cut the banana into small pieces and place in blender.
2. Add milk, yogurt, ground flax seed, and honey.
3. Blend on lowest speed until smooth, about 5 seconds.
4. Gradually add the blueberries while continuing to blend on low. Once the blueberries have been added, increase speed, and blend to desired consistency.

