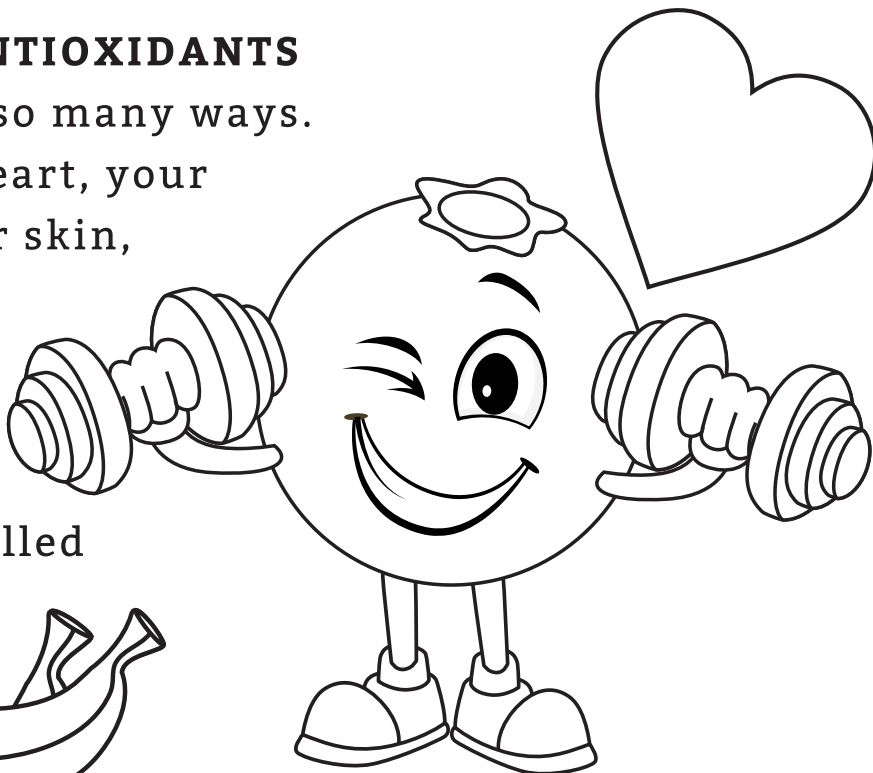


# BOOST IMMUNITY

Blueberries are full of **ANTIOXIDANTS** which help your body in so many ways. They are good for your heart, your brain, your muscles, your skin, your whole body!

Antioxidants are heroes that fight against the bad guys in our bodies called **FREE RADICALS**.



## SIMPLE SMOOTHIE

1-2 BANANAS

HANDFUL BLUEBERRIES

1 CUP JUICE OR MILK

SQUEEZE OF HONEY

Blueberries are the most healthy when you eat them fresh. You can eat them alone or add them to:

- SMOOTHIES
- YOGURT
- CEREAL
- OATMEAL
- COTTAGE CHEESE
- GRANOLA
- SALADS
- SALSA

