

July 2021

JULY – National Blueberry Month

Blueberries ranked number one in antioxidant health benefits in a comparison with more than 40 fresh fruits and vegetables. Low in calories and high in nutrients, blueberry benefits have been found to fight off free-radicals (aging, and cancer), boost brain health, and can play a role in weight loss with its powerhouse nutrients and fiber.

Anti-oxidant Lemon Blueberry Parfait

- 1 container (8 ounces) fat-free lemon-flavored yogurt (*Yoplait Greek 100 Whips Lemon Meringue flavor*)
- 1 cup fresh or frozen blueberries
- 1 tablespoon flax seed, ground
- 1/4th cup honey roasted almonds, chopped

Nutrition Facts

Serves 1; 1 serving: 300 calories, 9g fat; 0g saturated fat; 41g carbohydrate; 7g fiber; 14g protein