

# HEALTH BENEFITS OF BLUEBERRIES

**supports  
skin  
health**

**high in  
antioxidants**

**may  
lower  
cholesterol**

**supports  
blood  
pressure**



**preserves  
bone  
health**

**high in  
vitamin C**

## **Berry Blue Smoothie**

### **Ingredients:**

- 2 cups fresh or slightly thawed blueberries
- 6oz plain Greek yogurt
- 1 cup apple juice

### **Directions:**

1. Blend all the items together and serve immediately.

