

Very Berry Smoothie

Blueberries aren't known as a superfood for nothing! They are packed full of fibre, antioxidants and vitamins.

Just one cup of blueberries gives you 25% of your recommended vitamin C for the day! Vitamin C is important for our muscles, bones, teeth and skin and even helps the body to fight colds and flus! Because of the fibre content, blueberries also help to keep us feeling full for longer, which makes them a great snack!

These little blue berries are also good for the brain - they have been shown to improve how we think, remember and learn!

There are loads of ways to include blueberries into your daily diet - you could toss fresh, washed blueberries into salads, cereal or granola, bake them into pies or scones or even use them in pancake batter! One of our favourite ways to use blueberries is in a smoothie.

Here's our recipe for a Very Berry Smoothie! Why not try it out to get all those health-boosting berry benefits?

Very Berry Smoothie!

Serves 2

Ingredients:

- › 2 cups blueberries, fresh or frozen
- › 1 cup natural yogurt
- › 1 cup milk
- › 2 tbsp honey

Method:

1. Blend all ingredients in a blender until frothy.
2. Serve and enjoy this healthy boost!



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