

Are You Forgetting Something?

5 WAYS THIS SUPER FOOD CAN HELP BOOST YOUR HEALTH



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Enjoy the power and richness of life.
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ABOUT BLUEBERRIES

July is national Blueberry month. According to Healthline.com, these tasty treats are more than just a healthy summer snack, they can also help to maintain brain function and improve memory.

Oxidative stress, which occurs naturally, is an imbalance of free radicals and antioxidants in the body. It can lead to cell and tissue damage accelerating your brain's aging process and negatively affecting brain function.

ANTIOXIDANTS

The antioxidants in blueberries seem to benefit your brain by aiding brain function and delaying mental decline. When you combine them with other rich nutrient foods like avocado you can experience an energy boost as well.

PERFECT COMBINATION



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Blueberries are versatile. Blueberries grow the sweetest during warm weather season, especially in the southeastern climate.

Ice cream, pies, cakes, muffins, oatmeal, smoothies, salads, tea and even wine - blueberries are a nice ingredient to have on your summer drink and meal lists. You can enjoy them hot or cold in a variety of recipes.

HEALTHY SKIN & FERTILITY

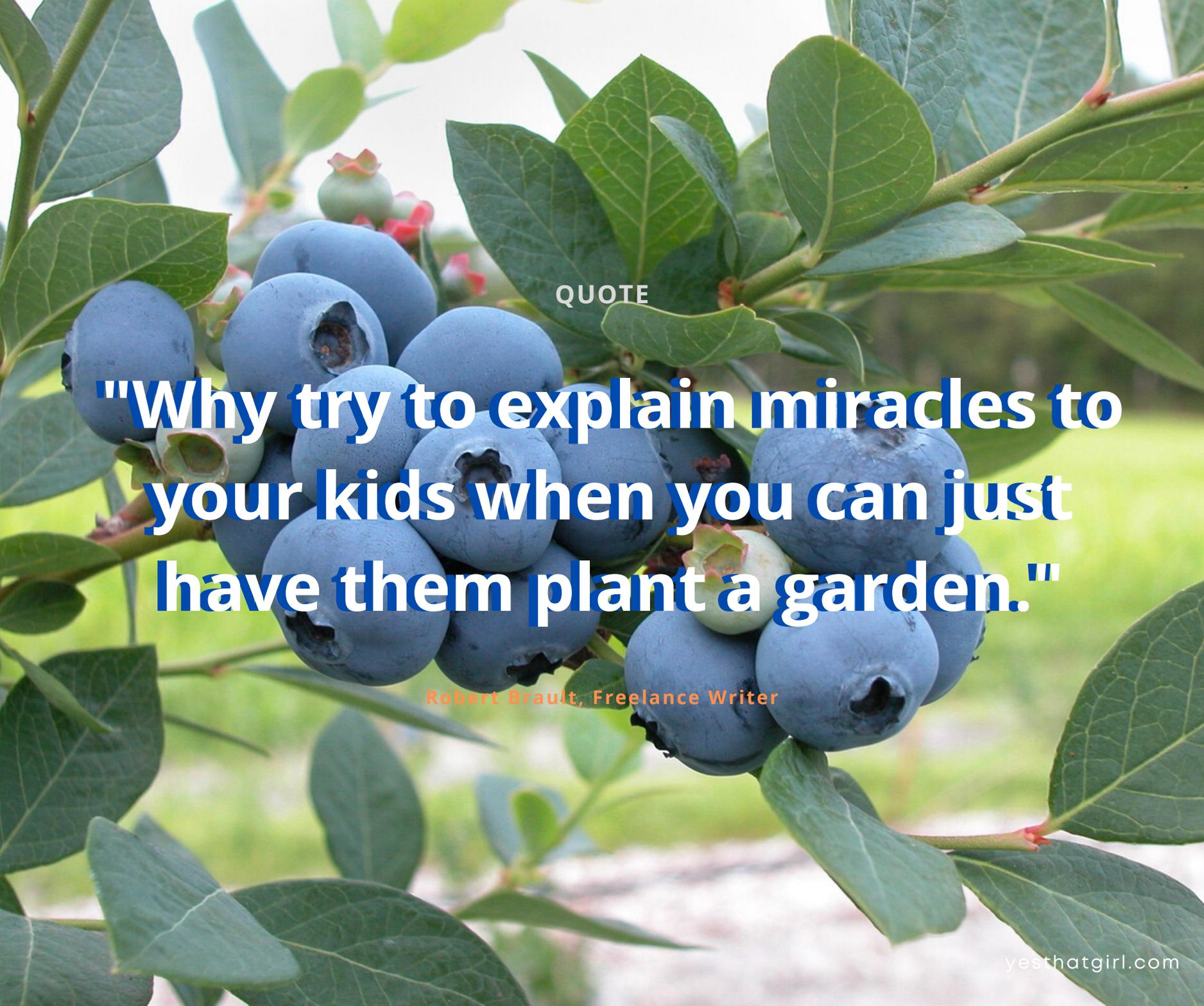
Maca root has been treasured for thousands of years because of its medicinal qualities and natural energy enhancing effects, add some to your blueberry smoothie to add vitality to your skin and even improve your fertility.

BLUEBERRY SMOOTHIE

Blend blueberries, maca powder, yogurt, almond milk, water, and avocado in a blender until smooth.

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QUOTE

"Why try to explain miracles to your kids when you can just have them plant a garden."

Robert Brault, Freelance Writer

MAKE ROOM ON THE TABLE



MUFFINS FOR BREAKFAST

Blueberries blend quite well when cooked with your favorite flower and crumb sparkling sugar.



YOGURT FOR AN AFTERNOON SNACK

Add fresh blueberries and granola to your favorite yogurt.



SALAD FOR LUNCH

Toss fresh blueberries with salad greens, blue cheese, blackberries, sliced peaches and green apples.

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ANYTIME O'CLOCK

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BLUEBERRIES ARE GREAT ANYTIME

Try new recipes to enhance your taste pallet. Add them to your favorite tarts or pancakes as a delicious topping with cinnamon. Cinnamon taste great and also has its own share of brain boosting power.

Try making Cinnamon Blueberry Rice Pudding, this amazing dish is an original from thealmondeater.com that features blueberry compote!

RECIPE

Ingredients for the rice: 1 cup uncooked short grain white or brown rice, 2 cups milk of choice plus more for serving; 1 tbsp cane sugar; 1 tsp cinnamon; 1/2 tsp vanilla extract for the compote: 1/2 cup frozen blueberries; 2 tbsp cane sugar; 2 tbsp orange lemon juice.

Rice: Add rice and milk to a saucepan and bring to a boil; then, cover and reduce heat to a simmer until milk has absorbed and rice is cooked. Once rice has cooked, pour rice into a jar or bowl and stir in the sugar, cinnamon and vanilla;

Compote: Add all ingredients to a small saucepan and bring to a boil; then, reduce heat to a simmer for 10-15 minutes or until blueberries have broken down. Pour compote over rice, sprinkle with extra cinnamon and add a few extra tablespoons of milk for serving.



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LIFE IS BETTER WITH TEA

Blueberries are a powerhouse super food containing antioxidant and anti-inflammatory compounds that help to ward off major diseases like Alzheimer's, diabetes, heart disease, and some types of cancer. A super fast and fun way to get these ingredients into your system is by drinking blueberry tea.

BLUE LEMON ROXIE

Blend blueberry, lemon and fresh ginger! Rishi Tea has the best organic blends of dried tea leaves. Check out rishi-tea.com for great tea blended recipes. The Blue Lemon Roxie (not pictured here) is a YTG original that features Rishi's blueberry hibiscus combined with their turmeric-ginger, fresh squeezed lemon juice, with soda water and an ounce of your favorite vodka over crushed ice! It's so fruity and refreshing!



ENJOY YOUR HEALTH!

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