

FEBRUARY HEART HEALTH

BLUEBERRY MANGO SMOOTHIE

Antioxidants: Blueberries and mangoes are rich in antioxidants, such as vitamins C and E, and flavonoids. These antioxidants help reduce oxidative stress and inflammation in the body, contributing to heart health by protecting against cardiovascular diseases.

Improved Cholesterol Levels: Fat-free milk and Greek yogurt provide protein and calcium, which can help improve cholesterol levels by reducing LDL (bad) cholesterol and increasing HDL (good) cholesterol.

Heart-Healthy Nutrients: Blueberries contain anthocyanins, which may help dilate blood vessels, lower blood pressure, and improve blood flow to the heart. Mangoes are high in fiber, vitamin C, and potassium, which support heart health by reducing cholesterol and blood pressure levels.

Natural Sweetener: Honey provides sweetness without the added refined sugars, reducing the glycemic load of the smoothie. High sugar intake is linked to an increased risk of obesity, diabetes, and heart disease. Using honey as a natural sweetener supports heart health by avoiding excessive added sugars.

INGREDIENTS:

Servings: 8 (1/2 cup)

Ingredients:

- 1 cup plain, fat-free Greek yogurt
- 1 cup fat-free milk
- 1 cup frozen, unsweetened blueberries
- 1 cup frozen mango chunks
- 1 tablespoon honey
- splash vanilla extract

Directions:

- Place all ingredients in blender and process until smooth. Serve immediately.

| Nutrition Facts | |
|---------------------------|--------|
| Calories | 94 |
| Total Fat | 0.0 g |
| Saturated Fat | 0.0 g |
| Trans Fat | 0.0 g |
| Polyunsaturated Fat | 0.0 g |
| Monounsaturated Fat | 0.0 g |
| Cholesterol | 3 mg |
| Sodium | 35 mg |
| Total Carbohydrate | 17.5 g |
| Dietary Fiber | 1.5 g |
| Sugars | 31 g |
| Added Sugars | 17 g |
| Protein | 6.5 g |



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