

Seasonal Nutrition for May

The newsletter that provides information for local and nutritious seasonal eat.

Blueberries

Blueberries are among one of the most nutritious fruits available offering a variety of benefits ranging from anti-inflammatory properties to their ability to lower blood pressure and blood sugar levels.

- Blueberries are easily accessible for purchase at most stores.
- They are rich in beneficial nutrients called antioxidants.
- These antioxidants are nutrients that help improve brain function, improve the health of the gut, and reduce inflammation in the body.
- Consume blueberries regularly to:
 - reduce risks of heart disease, prediabetes, and type 2 diabetes.
 - improve blood pressure, brain function, blood sugar regulation, and body composition.



What's in season?

- Apricots
- Asparagus
- Artichokes
- Avocados
- Basil
- Beets
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Chickpeas
- Chives
- Chard
- Fava Beans
- Parsley
- Radishes
- Rhubarb
- Snap Peas
- Spinach

Did you know?

- 1 cup of blueberries provides only 65 calories, 6 grams of fiber, and 15 carbohydrates.
- This provides 24% of your daily Vitamin C needs and 36% of your daily Vitamin K needs.
- One cup of wild blueberries contains over 13,000 total antioxidants.



Partners In Your Health



Berry-Vanilla Overnight Oats

1 serving, 5 minutes prep time, 5 hours 5 min total

Serving size: 1 jar (2 cups)

Ingredients:

- ½ cup uncooked rolled oats
- ½ cup low-fat (1%) milk
- Vanilla nonfat Greek yogurt (about ½ cup)
- 1 pinch ground cinnamon
- 1 cup frozen berries (blueberries, raspberries, or a mix)
- 2 teaspoons granulated stevia

Directions:

1. In a small bowl, stir together the oats, milk, yogurt, stevia, and cinnamon.
2. Stir in the frozen berries.
3. Cover and refrigerate overnight (for at least 5 hours).
4. Serve cold when ready or warm for 1 minute and serve warm (can be kept for 7 days refrigerated)

Nutrition Facts: Per 1 jar: 288 kcals, 44 grams carbohydrates, 20.5 grams protein, 3.8 grams fat, 1.2 grams saturated fat, 7.7 mg cholesterol, and 7.7 grams fiber.

Recipe modified from:

www.nutrition.va.gov/docs/Recipes/Brakfast/BerryVanillaOvernightOatsOCT2022.pdf



Blueberry Swirl Popsicles

6 servings, 10 minutes prep time, 6 hours total

Serving size: 1 popsicle

Ingredients:

- 2 cups fresh blueberries
- 2 cups nonfat vanilla Greek yogurt
- 2 tablespoons agave or honey
- 1 teaspoon vanilla extract

Directions:

1. Blend the blueberries in a food processor or blender on high speed into a smoothie-like consistency.
2. Pour the thick blueberry liquid into a large bowl and stir in agave/honey.
3. Lightly fold in the yogurt to display a blue-swirl appearance.
4. Pour/separate into 6 popsicle molds.
5. Freeze the mold for two hours.
6. Remove from freezer and add wooden sticks to each mold.
7. Freeze for an additional 4-6 hours or overnight.

Nutrition Facts: Per 1 bar: 82 kcals, 12.2 grams carbohydrates, 8.6 grams protein, 0.4 grams fat, 0.1 grams saturated fat, 4.1 mg cholesterol, 30 mg sodium, and 0.6 grams fiber

Recipe modified from:

sallysbakingaddiction.com



References:

1. Stull AJ, Cassidy A, Luc Djousse, et al. The state of the science on the health benefits of blueberries: a perspective. *Frontiers in Nutrition*. 2024;11. doi:<https://doi.org/10.3389/fnut.2024.1415737>
2. <https://health.clevelandclinic.org/benefits-of-blueberries>
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