



WELLNESS
WEDNESDAY

Smoothie: **Berry Banana Smoothie (2 servings)**

Ingredients: 1 medium ripe banana, cut into pieces

2 cups berries (fresh or frozen)-blueberries,
strawberries (cut in quarter if fresh), other
berries

1/2 cup crushed ice

2 cups plain yogurt

1/4 cup honey

Blend until smooth.

Banana - rich in potassium that helps with muscle cramps, keeps your heart healthy, lowers your BP, and lowers your risk of stroke.

Blueberries - rich in antioxidants, helps lower your BP, boosts cognitive function, and improves cholesterol.

Strawberries - heart protector, increases good cholesterol, lowers BP, and guards against cancer.

Honey - rich in antioxidants, promotes burn and wound healing, natural cough suppressant, eases digestive issues.

Nutrition Facts (per serving)

389 calories

4g fat

80g carbs

14g protein

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