



# Food of the Month

Nutritional Information  
& Recipes

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A healthy community through the  
power of good food

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## FEATURED FOOD: BLUEBERRIES

Blueberries are packed with antioxidants ( free-radical-fighting powerhouses), and one cup of blueberries delivers 14% of the recommended daily dose of fiber and nearly a quarter of the recommended daily intake of vitamin C.

Blueberries are also low in calories -- fewer than 100 for a full cup. They get their beautiful blue color from their high anthocyanin content, which gives certain fruits and veggies their deep blues and reds. North America is still the leading producer of this beloved blue fruit, accounting for up to 90% of the world's supply.

The berry is celebrated throughout July -- the peak of its harvest -- during National Blueberry Month. July is a great time to pick up blueberries at their nutritional peak and you can freeze them for the winter which can be a cost-effective way of enjoying local, seasonal fruit in the winter months.





## RECIPE: BLUEBERRY BLISS SMOOTHIE

1.5 cups of milk of choice  
1/2 a banana  
1 cup of spinach  
1/2 cup of blueberries  
pinch of cinnamon

Place all the smoothie ingredients into a blender and process until smooth. If you want a thicker smoothie then add a 1/4 cup of ice cubes to the blender and blend till smooth.

## RECIPE: NUTRITIONAL BOOSTED MUFFINS

1 box of your favourite store bought muffin mix  
Use butter, applesauce, or coconut oil instead of canola oil as stated on the box.

1 cup of blueberries  
1 tbsp of vanilla  
1/8 cup of whatever seeds you have on hand (chia seeds, pumpkin seeds, sunflower seeds, etc).

Sometimes you can be pressed for time and it is more affordable to buy the muffin mix on sale than to buy all the ingredients to make muffins from scratch. So this is a great way to use a store-bought muffin mix and add in more nutrition to it. Follow the instructions on the box, swap out canola oil for one of the options provided and add fruit and nuts for a more balanced muffin. Bake at the temperature and time listed on the box.

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*Next Markets:*

July 26,  
2018 (12pm-  
230pm)  
Butler Memorial  
Park, 15715 Stony  
Plain Road

August 21, (4pm-  
7pm). Glenwood  
Community  
League. 16430-97  
Ave