

Say Hello to Yellow!



Yellow fruits and veggies are nutritional powerhouses! These foods tend to have an abundance of antioxidants and vitamin C! Eating these can help with your heart, vision, digestion, and immune system. Naturally yellow foods include maintenance of healthy skin, wound healing, and stronger bones and teeth!

Check out this website for a healthy yellow recipe pictured above:

<http://www.myrecipes.com/recipe/yellow-squash-ribbons-with-red-onion-parmesan-10000001065511/>