Blood Orange

Benefits & Facts

Great source of vitamin C, which can help your body fight off that winter cold!

Blood oranges are a great way to chew your water! Having an orange a day can help you stay hydrated.

The red color comes from an antioxidant called anthocyanin.
Edamame is young soybeans, green in color and soft in texture.

Edamame is a complete source of protein meaning it contains all the essential amino acids.

It is a great source of calcium which can help build strong bones and teeth.
Benefits & Facts

One pear contains 6 grams of fiber! This will keep you feeling full longer making pears a great snack!

Great source of Vitamin C, an amazing antioxidant.

Excellent source of potassium, a nutrient that helps keep your heart pumping strong.