

# Healthy Adventures Space

Let your health fly high with these healthy

## Constellation Blueberries



MAKES  
15-20 blueberries

### INGREDIENTS



Blueberries



Low fat  
yogurt

Cinnamon (optional)

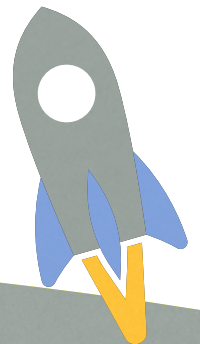


### INSTRUCTIONS

*Do your best moonwalk around the kitchen!*

1. Come back down to earth, then spoon some yogurt into a bowl.
2. Toss a handful of blueberries into the bowl and cover them in yogurt. You can sprinkle them with cinnamon too.
3. Place the blueberries on parchment paper or foil and freeze for 1 hour.
4. Take them out and snack away!

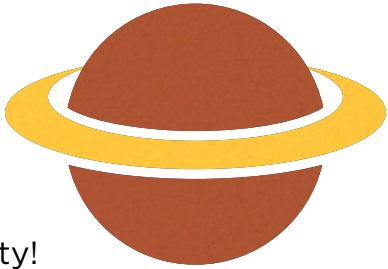
\*Use a low fat flavored yogurt or add 1 tablespoon of honey to make the blueberries a little sweeter.



## DON'T FORGET TO GET 60!

Wait until dark, then play some flashlight tag in the house! There are plenty of spaces to hide — under beds, in closets, behind curtains and doors and more! Just be sure to get 60 minutes of physical activity. It's a universal way to stay healthy.

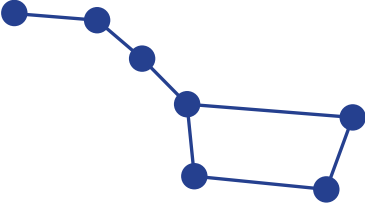
For more out-of-this-world healthy adventures, rocket over to



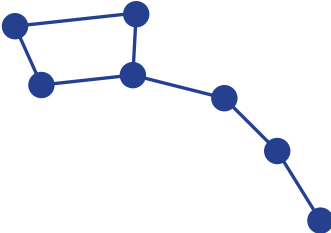
CONSTELLATION CREATION STATION

Let your creativity shine like a star with this fun activity!

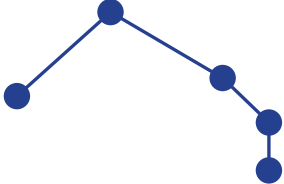
First, make some Constellation Blueberries. You can use regular blueberries, too! Then, connect your blueberries with toothpicks to recreate the constellations below!



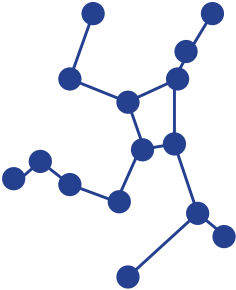
BIG DIPPER



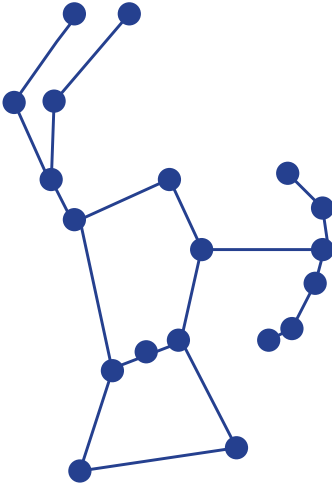
LITTLE DIPPER



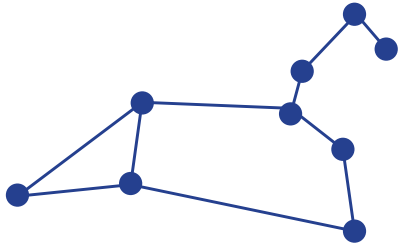
ARIES



HERCULES



ORION



LEO

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TSET