

Health Tip of the Month

Coffee is healthy too!!!

Coffee is a complex beverage with caffeine, antioxidants and anti-inflammatory agents. Coffee is also rich in:

magnesium which is good for muscles and bones

potassium which lowers blood pressure, and

vitamin B5 which helps to make red blood cells.

Drinking coffee may reduce the risk of diseases such as: colorectal cancer, fatty liver disease and type 2 diabetes.

Tips to get the most benefits from your coffee.

1. Avoid loading coffee with excess sugar and creamer, and milk.
2. Brew coffee with paper filter instead of boiling.
3. Try drinking coffee black for best effects.



Complete Coffee Oat Blend

Makes 2 servings

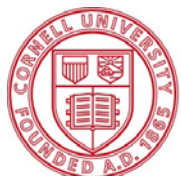
Ingredients

- 8 oz brewed coffee
- ½ cup quick oats
- 1/3 cup unsweetened almond milk
- 3 tbsp yogurt
- 2 tbsp coffee creamer
- 1 ripe banana
- Ice cubes
- ¼ tsp cinnamon



Directions

1. Brew one cup of coffee.
2. Wash and peel banana.
3. Blend all ingredients until smooth.
4. Serve in a glass with a straw.
5. Sprinkle cinnamon on top.



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