

Antioxidant Foods Exploration Worksheet

Now that you've learned a little more about antioxidants and the foods that are full of them, try come up with your own ways of adding them into your diet. You could also eat them as they are if you'd like. If you do not know where to start or have not tried some of these foods before, each one will have a recipe under it to help guide you. Have fun exploring, and happy eating!

1. Beans (small red, black, red kidney, pinto)

- <https://delishably.com/grains/Cheap-Healthy-Meals-Red-Beans-and-Rice-Recipe>
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2. Blueberries (cultivated or wild)

- <https://natashaskitchen.com/velvety-blueberry-smoothie-recipe/>
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3. Cranberries

- <https://www.food.com/recipe/cranberry-pecan-salad-with-feta-cheese-209142>
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4. Artichokes

- <https://www.food.com/recipe/healthy-warm-artichoke-dip-174785>
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5. Walnuts

- <https://www.realsimple.com/food-recipes/browse-all-recipes/raspberry-walnut-crumble-bars>
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6. Dark Chocolate

- <http://apple-of-my-eye.com/2014/04/17/healthy-dark-chocolate-walnut-cookies/#>
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7. Kale

- <https://www.allrecipes.com/recipe/217944/garlic-kale/>
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