



## Healthy Living at Hannaford

### Cheddar-Cranberry Stuffed Apricots

Makes: about 24 appetizers

Prep Time: 15 minutes

#### Ingredients:

1 cup shredded Cabot® Cheddar Cheese

1/2 cup Ocean Spray® Craisins® dried cranberries

2 tablespoons Taste of Inspirations® Cranberry Apple Chutney

24 dried apricots

1/4 cup chopped pistachios

#### Directions:

1. In small bowl, mix cheese, cranberries, and chutney with fork until mixture holds together.
2. Pull open each apricot and fill with cheese mixture. Press some chopped pistachios on top.  
(Apricots can be stuffed up to 1 day ahead, adding pistachios just before serving.)

Adapted from cabotcheese.coop

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### Speared Cheddar with Apple-Mustard Dip

Makes: about 1 1/2 cups dipping sauce

Prep Time: 15 minutes

#### Ingredients:

1 cup apple butter or fig preserves

4 tablespoons whole-grain Dijon mustard

2 tablespoons chopped fresh thyme leaves

16 ounces Cabot® 50% Reduced Fat Sharp Cheddar Cheese, cut into cubes

6 apples, cut into chunks and tossed with lemon juice

Wooden toothpicks

#### Directions:

1. In a small bowl, stir together apple butter (or fig preserves), mustard and thyme for dipping sauce.
2. Serve dipping sauce surrounded by toothpicks speared with cheddar and apple chunks.

Adapted from cabotcheese.coop



#### Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

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## Healthy Living at Hannaford

### Banana Nut Winter Smoothie

Makes: 1 serving

Prep Time: 10 minutes

#### Ingredients:

- 1 Chiquita® Banana, frozen
- 1 cup Dannon® All Natural Vanilla Lowfat Yogurt
- 1/4 cup chopped walnuts
- 1/2 tsp. ground cinnamon
- 1 tsp. honey (optional)
- 1/8 tsp. ground nutmeg

#### Directions:

1. Cut the frozen banana into 3 or 4 chunks and peel. Place in blender with yogurt, walnuts, cinnamon and honey (optional).
2. Blend on high for 2 minutes or until smooth. Pour into glass and top with a dusting of ground nutmeg.

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### Grapes with Ginger Crème

Makes: 4 (1 1/2 cup) serving

Prep Time: 20 minutes

#### Ingredients:

- 6 cups seedless purple grapes
- 1 tablespoon grated fresh ginger
- 2 cups Dannon® Activia® Vanilla Yogurt
- 2 tablespoons brown sugar
- Ground cinnamon, to taste
- 8 fresh mint leaves

#### Directions:

1. In a large bowl, toss grapes with fresh ginger. Spoon equal amounts into 4 serving dishes.
2. For each dish, carefully spread 1/2 cup vanilla yogurt on top of grapes, sprinkle with 1/2 tablespoon brown sugar, and dust with ground cinnamon.
3. Allow grape mixture to chill for 20-30 minutes. Garnish with fresh mint leaves.



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## Healthy Living at Hannaford

### Frozen Yogurt-Berry Pie

Makes: 1 nine-inch pie

Prep Time: 35 Minutes

#### Crust Ingredients:

2 cups Kashi® Honey Sunshine® or Cinnamon Harvest® cereal, finely crushed

1/2 cup melted Promise® or I Can't Believe It's Not Butter!® spread

1/4 cup sugar

#### Filling Ingredients:

3 (6 oz.) containers of Dannon® Strawberry or Blueberry Yogurt

1 container of my essentials® lite whipped topping

1 cup fresh mixed berries, setting aside 1/2 cup for garnish

#### Directions:

1. Mix all crust ingredients together thoroughly and press into a 9" pie dish. Set aside.
2. Fold filling ingredients together except garnish and put into pie shell. Freeze overnight or for several hours until frozen. Take out of freezer 20 minutes prior to serving to allow to thaw slightly.
3. Garnish with berries, mint sprigs, and more whipped topping, if desired.



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