



simply healthy

from your Hannaford Dietitian

Healthy Fats - try these delicious ideas

Chocolate-Banana Smoothie Dream

Ingredients:

3 cups Dannon® plain yogurt
2 frozen Chiquita® Bananas, sliced
2 tablespoons unsweetened cocoa powder
1 1/2 tablespoons nut butter
1 tablespoon finely ground flaxseeds
1/2 teaspoon maple syrup
1/4 teaspoon McCormick® Pure Vanilla Extract

Directions:

Put all ingredients in a blender and blend until smooth. Serve immediately.

Avocado Yogurt Dip

Ingredients:

3/4 cup diced or chopped avocado
1/4 sliced scallions - both white and green part
1 cup Dannon® plain yogurt
1/8 teaspoon McCormick® Ground Red Pepper

Directions:

1. Place avocado and scallions in food processor and blend until smooth.
2. Add yogurt and ground red pepper; process until smooth.
3. Serve with Kashi® Pita Crisps.

Creamy Pepper Dressing

Ingredients:

2 tablespoons olive oil
1/4 cup Cabot® Sour Cream
1/4 cup buttermilk
1 small clove garlic, minced
1/4 teaspoon McCormick® Coarse Ground Black Pepper
1/8 teaspoon McCormick® Ground Oregano

Directions:

Mix all ingredients in a small bowl and drizzle the dressing over your favorite Fresh Express® salad.



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. For free nutritional advice, you can also email a private message to our staff registered dietitian at hannaford.com/dietitian



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Banana Split Smoothie

Yields: 1 servings • Prep Time: 5 minutes

Ingredients:

- 1/2 cup Dannon® Oikos® Greek Nonfat Plain Yogurt
- 1/2 Chiquita® Banana
- 4 Hannaford Frozen Strawberries
- 1 teaspoon McCormick® Pure Vanilla Extract
- 1 teaspoon Hershey®'s Cocoa Powder
- 1 tablespoon sugar
- 1/4 cup my essentials® 1% Lowfat Milk
- 1 teaspoon ground flaxseed (optional)
- 1/2 cup crushed ice (optional)

Directions:

Mix all ingredients in blender. Serve immediately.



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