



## Healthy Living at Hannaford



### Marinated Grilled Fruit

1. Clean grill thoroughly and heat to 400°F.
2. Slice desired fruit(s) in half, leaving skin on, and remove seeds and cores.
3. In a large plastic bag or bowl, make a marinade with the juice of one lemon, 1-2 tablespoons of honey (depending on how sweet your fruit is), and a 1/2 teaspoon of nutmeg.
4. Coat grill with cooking spray, and then place fruit directly on the grill or use skewers to make fruit kabobs. Resist moving. Flip softer fruits (peaches, plums, bananas) after 2 minutes and cook 2-3 minutes longer.

Harder fruits can tolerate 3-4 minutes per side without falling apart. Need a topping? Try nonfat Dannon yogurt drizzled on top!



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### Stuffed Grilled Peaches

1. Wash 4 large peaches, cut them in half, remove the pit, and place on aluminum foil.
2. Spoon 2 tablespoons of blueberries into each peach half. Sprinkle 2 teaspoons of brown sugar on each and squeeze lemon juice over the top. Fold up foil and seal tightly.
3. Place on medium-hot grill and cook for about 15 minutes, turning once.
4. Delicious with a dollop of Dannon Greek Honey Yogurt. Serve right out of the foil.



### Freezing fresh fruit in yogurt pops provides a nutritious cooldown for kids and adults!

- Make fruit smoothie pops using low-fat or nonfat plain Dannon yogurt and your favorite fresh or frozen fruits, like berries and bananas! Blend yogurt and fruit together, fill pop containers and freeze.
- Make yogurt pops with fresh fruit. Simply fill pop containers with plain Dannon yogurt blended with a little orange juice, add berries or other fruit, chopped if necessary, use pop stick to push fruit down into the yogurt, and then freeze.



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### Blueberry Tart with Walnut Crust

#### Filling:

8 ounces reduced-fat cream cheese (Neufchâtel), softened  
1/4 cup reduced-fat sour cream  
1/4 cup plus 2 tablespoons pure maple syrup  
2 cups fresh blueberries

#### Crust:

1/2 cup walnuts, lightly toasted  
1 cup whole-wheat graham cracker crumb  
1 large egg white  
1 tablespoon butter, melted

1 tablespoon expeller-pressed peanut or canola oil  
Pinch of salt  
Special Equipment: 9-inch removable-bottom tart pan

#### To prepare crust:

Preheat oven to 325°F.

Coarsely chop walnuts in a food processor. Add graham cracker crumbs and process until the mixture looks like fine crumbs.

Whisk egg white in a medium bowl until frothy. Add the crumb mixture, butter, oil and salt; toss to combine. Press mixture into bottom and 1/2 inch up the sides of a 9-inch removable-bottom tart pan. Set pan on a baking sheet. Bake until dry and slightly darker around edges, about 8 minutes. Cool on a wire rack.

#### To prepare filling:

Beat cream cheese, sour cream and 1/4 cup maple syrup in a medium bowl with an electric mixer on low speed until smooth. When crust is cool, spread filling evenly into it, being careful not to break up the delicate crust. Arrange blueberries on the filling, pressing lightly so they set in. Drizzle remaining 2 tablespoons maple syrup over berries. Chill for at least 1 hour to firm.

**Ingredient Note:** To avoid trans fats, look for brands of graham crackers without partially hydrogenated vegetable oil. Pulse graham crackers in a food processor or place in a large plastic sandwich bag and crush with a rolling pin. (You'll need about 14 whole-wheat graham cracker squares to make 1 cup of crumbs.) Make ahead tip: Refrigerate for up to a day.



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