



simply healthy

It's National Nutrition Month!
Try these delicious & healthy recipes.

WEEK 1 (3/1 - 3/7): Always eat breakfast.

CHALLENGE: Start off each day with a balanced breakfast.

Green Tea Smoothie

This is a refreshing and delicious smoothie that can be made with any green tea or flavored tea of your choice. The nice thing about smoothies is you can flavor them to your liking by using fruit; so if berries are not your thing, you can use mangoes or oranges instead. Other optional add-ins for extra protein include Greek yogurt, a handful of nuts, nut butter or two scoops of protein powder.

Prep Time: 5 minutes

Serves: 4

Ingredients:

2 cups brewed flavored or plain Lipton® Green Tea, cooled

2 Chiquita® Bananas, fresh or frozen

2 cups Fresh Express® Baby Spinach

2 tsp. honey

1 cup fresh or frozen berries of your choice

Directions:

Place spinach in blender first; then add all other ingredients. Blend to desired consistency.

Nutritional Information:

Amount Per Serving (1 cup): 88 Calories; 0 g Total Fat; 25 mg Sodium;
21 g Carbohydrate: 3 g Fiber; 2 g Protein

Source: Recipe adapted from healthysmoothiehq.com





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Southwestern Carrot Muffins

Prep Time: 20 minutes

Cook Time: 25 minutes

Serves: 12

Ingredients:

1/4 cup canola oil

1/2 cup agave syrup

2 eggs

2 limes (both zest and juice)

1 lb. carrots, grated (about 3 cups)

2 cups all-purpose flour

2 teaspoons baking soda

1/4 teaspoon kosher salt

1 teaspoon McCormick® cinnamon, ground

1/2 teaspoon McCormick® ginger, ground

1/8 teaspoon McCormick® cayenne pepper, ground

6 tablespoons pine nuts, divided



Directions:

1. Preheat the oven to 350 degrees F. Spray a 12-cup muffin pan with vegetable cooking spray, or line with paper muffin cups.

2. In a large bowl, use an electric mixer on medium-high speed to mix the oil, agave syrup, and eggs until well incorporated. Grate the zest from the lime and add; then cut lime in half, squeeze the juice (there should be 2 to 3 Tbsp.), and add. Mix well. Add the carrots and mix to combine thoroughly.

3. In a medium bowl, whisk together the flour, baking soda, salt, cinnamon, ginger, and cayenne. Add to the carrot mixture and mix until just combined. Stir in 1/4 cup of the pine nuts. Divide the batter among the muffin cups. Sprinkle about 1/2 tsp. of the remaining pine nuts on the surface of each muffin.

4. Bake until a tester comes out clean and the tops are slightly domed, 20 to 25 minutes. After 5 minutes, transfer muffins to a wire rack. Serve warm or at room temperature.

Source: Hannaford fresh Magazine, March - April 2011



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Power Breakfast

Prep Time: 5 minutes

Serves: 1

Ingredients:

1 packet Kashi® Heart to Heart® Instant Oatmeal

1/2 cup Cabot® Greek Yogurt, plain or flavored

1/8 cup walnuts

1/2 teaspoon McCormick® Ground Cinnamon

1/2 cup my essentials frozen berries, thawed

Directions:

1. Follow oatmeal package instructions to prepare.
2. Layer cooked oatmeal with the remaining ingredients.

