



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Cool down treats can be healthy and thrifty!

People often think eating healthier can't be affordable.

It is possible to eat healthy on a budget without breaking the bank!

Check out unit pricing on the tags.

Often, larger sized items have better unit pricing than single-serve items. But, sometimes that is not true if you choose single-serve items that are on sale.

Instead of ice cream novelties, which can be costly per serving even on sale, try making your own frozen treats. Yogurt is a great option to freeze and you can mix it up with fruit and other ingredients to make it as nutritious as you wish. Think frozen fruit & cream pops. They're great swaps in place of high-fat ice cream bars.

Frozen whole grapes or blueberries are also easy, nutritious treats to help you

cool down in the summer heat. Plus,

they're a lot less messy than sugary popsicles!

Buy grapes and blueberries in large quantities

when they're on sale and make sure you freeze

some so they don't go to waste. Just give them

a quick rinse and pat dry, then put them

in a single layer to freeze before bagging them.



For homemade cream pops, grab single-serve yogurt cups that are on-sale or small bathroom cups and a large container of yogurt. Add whole fruit or blend it up and pour back into the cups. The combinations are endless and if you're craving the sweetness of chocolate, go ahead and add a few mini chips.

Fruity Yogurt Pops

Ingredients:

- 1 cup Dannon® Vanilla Low-fat Yogurt
- 2 cups chopped or whole berries
- 8 small paper cups
- 8 wooden popsicle sticks

Directions:

1. Place yogurt in a large bowl and gently stir in fruit. You could also use a blender for a smooth fruity treat.
2. Evenly divide mixture into eight small paper cups. Place popsicle stick in center of each cup.
3. Freeze overnight or until firm.
4. To serve, peel off paper cups.



Recipe adapted from Dannon:

<http://www.dannonyogurt.com/recipes/fruity-yogurt-pops/>