



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

Dietitian's Dish

Sweeten Your Summer!

Stay hydrated and refreshed by adding a few superfruits of summer - like peaches, watermelon, cherries, and berries! These fruits offer a boost of vitamins, minerals and antioxidants for heart health, immunity, and physical & mental wellness.

Whether you enjoy snacking on fresh fruit or prefer cool treats your family will ask for these again and again.

Peach Pie Smoothie

Ingredients:

- 3/4 cup plain almond milk
- 2 peaches chilled, sliced
- 1/3 cup rolled oats
- 1/2 cup plain low-fat Greek yogurt
- 1 Tbsp. honey
- 1/2 Tbsp. cinnamon
- 1/4 Tbsp. vanilla extract
- 1/4 Tbsp. nutmeg
- 1/2 cup crushed ice

Directions:

Combine all ingredients in a blender and blend until smooth. Makes 2 servings. May be prepared 2 hours in advance, kept covered and chilled.



Recipe (edited) and image courtesy of HealthyFamilyProject.com.

Berry Cherry Frozen Yogurt Bites

Ingredients:

- 1/2 cup blueberries
- 1/4 cup pitted chopped cherries
- 1/4 cup pistachios shelled, chopped
- 1 cup vanilla Greek yogurt

Directions:

Mix all ingredients in a bowl. Fill ice cube tray with the mixture and freeze 2-3 hours or until firm. Makes 4 servings.



Recipe and image courtesy of HealthyFamilyProject.com.

Kid Friendly Fruit Smoothie

Ingredients:

- 2 cups strawberries, stems removed
- 2 cups ice
- 1 cup watermelon
- 1 cup vanilla Greek yogurt
- 1/2 cup coconut milk (or milk of choice)
- 1 tsp. ground flax seed

Directions:

Combine all ingredients in a blender and blend until smooth. Makes 4 servings.



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