



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

Dietitian's Dish

Sweet Patriotic Treats!

Serving up red, white, and blue treats are a great way to show your patriotic side.

Watermelon and berries are full of water and valuable nutrients.

They're a tasty way to stay hydrated. These snack recipes are simple to make and offer a delicious treat anytime, including for special celebrations!

4th of July Fruity Grahams

Ingredients:

- 1 cup blueberries
- 1 Tbsp. fresh orange juice
- 1 Tbsp. agave nectar
- 1/4 tsp. orange zest
- 1 Tbsp. chia seeds
- 8 whole sheets graham crackers
- 1/2 cup low-fat vanilla yogurt
- 1/2 cup finely chopped strawberries



Directions:

1. In small saucepan, heat blueberries, orange juice, agave, and orange zest to a simmer over medium heat; cook 10 minutes or until slightly thickened and blueberries burst, stirring occasionally. With the back of spoon or potato masher, mash blueberries; remove from heat, stir in chia seeds, and let stand 10 minutes. Makes about 1/2 cup.
2. Spread crackers with yogurt; arrange strawberries and blueberry mixture on top to create "flag." Serve immediately. Makes 8 grahams.

Watermelon Red, White and Blue Parfait

Ingredients:

- 1 cup watermelon + 3 pieces of diced watermelon
- 1 cup blueberries
- 6 oz. container of low-fat Greek yogurt
- Whipped cream or dessert topping



Directions:

1. In a pint canning jar, assemble the layered parfait, starting with the blueberries, followed by the yogurt, and finishing off with the watermelon.
2. Top with the whipped cream and garnish with the 3 diced watermelon.

Recipe and image courtesy of Watermelon.org.

4-Ingredient Strawberry-Ginger "Ice Cream"

Ingredients:

- 1 container (16 ounces) 4% milkfat cottage cheese
- 2 cups chopped fresh strawberries
- 2/3 cup honey
- 1/2 cup chopped crystallized ginger plus additional for garnish (optional)



Directions:

1. In a food processor, purée cottage cheese, strawberries, and honey until smooth; transfer to medium bowl. Fold in ginger; cover and freeze at least 4 hours or until frozen to soft serve consistency. Makes about 3 cups.
2. Let "ice cream" stand at room temperature 5 minutes before serving; serve garnished with ginger, if desired.