



CH-CH-CH CHOOSE CHIA SEEDS

- ✓ 4 grams fiber in every tablespoon
- ✓ Protein
- ✓ Omega-3 fatty acids
- ✓ Antioxidants
- ✓ Magnesium
- ✓ May help with blood glucose control, weight management, digestive health, cancer prevention and heart health.



chia seeds

SPRINKLE OR STIR

CHIA INTO THESE FOODS TO BOOST FIBER, PROTEIN AND ANTIOXIDANTS.

- | | |
|---|--|
| <ul style="list-style-type: none"> • Smoothies • Yogurt • Pudding • Muffins • Applesauce | <ul style="list-style-type: none"> • Soups • Oatmeal <i>try this</i> • Tomato or vegetable juice • Salads • Peanut butter |
|---|--|

GRAB-AND-GO BREAKFAST

FRUITY REFRIGERATOR OATMEAL

Serves 1

Packed with protein and fiber!

ALL YOU NEED:

- ½ cup old-fashioned oats
- ½ cup vanilla Greek yogurt
- ½ cup skim milk
- 1 tablespoon chia seeds
- ½ cup fresh or frozen strawberries, or fruit of your choice

ALL YOU DO:

1. Add oats, yogurt, milk and chia seeds to a pint-sized Mason jar or 2-cup storage container with plastic lid. Stir ingredients together. Top with fruit.
2. Cover and let stand in refrigerator overnight. Serve cold.

Nutrition per serving: 370 calories, 6 g fat, 1 g saturated fat, 0 trans fat, 10 mg cholesterol, 110 mg sodium, 57 g carbohydrate, 10 g fiber, 22 g sugar, 23 g protein. Vitamin A 6%, Vitamin C 80%, Calcium 35%, Iron 15%.

Source: The Yummy Life blog, www.theyummylife.com

WHAT'S NEW & EXCITING



HY-VEE HEALTHMARKET CHIA SEED

Gluten-free. Complete plant-based protein. Provides fiber, omega-3 fatty acids and antioxidants.



HY-VEE CHOCOLATE ALMOND MILK

A refreshing, non-dairy beverage with the mild taste of almonds and creamy, rich chocolate from real Dutch cocoa. Lactose-free. Made with real almonds.



HY-VEE HEALTHMARKET NATURAL BLANCHED ALMOND FLOUR

Made from skinless almonds. Super-fine grind. Good alternative for gluten-free baking. Almonds provide a healthy source of fats.

Dietitian Pick of the Month STRAWBERRIES

5 REASONS TO EAT STRAWBERRIES

1. One serving is about 8 strawberries (or one cup) and has only 45 calories, 3 grams fiber and more vitamin C than an orange.
2. Provides essential nutrients that may help control high cholesterol and high blood pressure.
3. Antioxidants found in strawberries may help slow or prevent age-related decline in cognitive function.
4. Are one of the top 10 superfoods for a diabetes meal, according to the American Diabetes Association
5. Contain ellagic acid which may reduce the growth and spread of certain cancers.



Dietitian Recipe of the Month

STRAWBERRY AND BLUE CHEESE BRUSCHETTA

Serves 12 (1 each)
Active time: 20 minutes | Total: 20 minutes

ALL YOU NEED

- | | |
|---|--|
| 12 medium strawberries, hulled and sliced | 1 tbsp finely chopped fresh chives, plus more for garnish |
| 1 tsp Hy-Vee sugar | 1/4 teaspoon Hy-Vee freshly ground pepper |
| 1/4 cup (2 oz) Hy-Vee reduced-fat cream cheese (Neufchatel) | 12 slices whole-grain baguette (1/4 inch thick), warmed or toasted |
| 1/4 cup crumbled blue cheese | |
| 1 to 2 tsp water, if needed | |

ALL YOU DO

1. Combine strawberries and sugar in a medium bowl and let stand while you make the cheese spread.
2. Combine cream cheese and blue cheese in a small bowl using a fork. Add water, if necessary, for a thick but spreadable consistency. Stir in 1 tablespoon chives and pepper.
3. Spread about 1 teaspoon of the cheese mixture on each piece of baguette. Top with the sliced berries. Garnish with a sprinkle of chives, if desired.

Nutrition Facts per serving: 66 calories, 2g fat, 1g saturated fat, 5mg cholesterol, 139mg sodium, 10g carbohydrate, 1g fiber, 2g protein.

Source: adapted from Eating Well, Inc.