

ALMOND MILK – A NUTRITIOUSLY “NUTTY” BEVERAGE

Almond milk is a non-dairy beverage made from real almonds. This smooth and creamy beverage offers a hint of almond flavor and contains a starting lineup of powerful nutrients and nutritional benefits.

Trim the Waistline. At only 40 calories per eight-ounce serving and low in fat, unsweetened almond milk offers a low-calorie beverage option to enhance any meal or snack.

Bone-Building Beverage. Almond milk is rich in calcium and vitamin D, which work together to build and maintain strong bones in men, women and children.

Healthy Glow. One serving of almond milk contains 50% of the daily recommendation of Vitamin E, an antioxidant that plays a role in healthy skin and hair.

Heart-Health Benefits. Almond milk is free of cholesterol, saturated fat and trans fat, and filled with heart-healthy unsaturated fats, such as omega-3 fatty acids.

Allergen-Friendly. You don't have to have a food allergy or intolerance, such as lactose intolerance, to enjoy this beverage; but if you do, you're in for a treat. Blue Diamond Almond Breeze® does not contain lactose or casein and is free of eggs, wheat, gluten and peanuts.

Commercial almond milk products come in plain, vanilla, chocolate or unsweetened flavors. Look for almond milk in cartons, either on the shelves or in the refrigerated section of your local Hy-Vee HealthMarket department.

“OATSTANDING” BREAKFAST CEREAL

There's a super grain that most households already have stocked in their cupboards...oatmeal. Oats contain soluble fiber, which has been shown to help lower LDL (bad) cholesterol, help control blood sugar levels and control appetite.

New research has found oats have unique antioxidants that may play a role in maintaining artery health. Flavonoids found in oats may protect LDL from oxidation, which is thought to possibly lead to hardening of the arteries. In addition, other studies have found flavonoids in oats have anti-inflammatory properties and may help reduce plaque build-up in the walls of arteries.

An oatmeal bar is a great way to provide a breakfast to suit everyone's taste. Offer a variety of toppings to customize a bowl of oatmeal to personal preferences and tastes.

Because cook time for steel-cut oats is longer, cooking in a slow cooker is ideal with the Overnight Oatmeal recipe on the next page.



WHAT'S NEW & EXCITING



ARCTIC ZERO FROZEN DESSERTS:

150 calories per pint! Made with whey protein. Fat-free, lactose-intolerant-friendly and gluten-free. Flavors include chocolate, cookies & cream, mint chocolate cookie, vanilla maple.



FULL CIRCLE STEEL CUT OATS:

Steel-cut oats have a delicious, chewy texture when cooked. Oats are cut into two to three pieces and a good source of soluble fiber. NuVal score 58.



WILD GARDEN HUMMUS DIP:

Single-serve packs, ready-to-eat hummus. All natural, gluten-free. Traditional or sun-dried tomato flavors.

OVERNIGHT OATMEAL

Serves 16 (1/2 cup each).

ALL YOU NEED:

Hy-Vee non-stick cooking spray

2 cups uncooked Full Circle steel-cut oats

8 cups water or Hy-Vee skim milk

1/2 tsp Hy-Vee salt, optional

Assorted toppings such as brown sugar, maple syrup, cinnamon, raisins, fresh fruit or berries, optional*

ALL YOU DO:

1. Coat 6-quart slow cooker with non-stick cooking spray.

2. Stir together oats, water and salt, if desired, in slow cooker. Cover and cook on LOW for 8 hours or overnight or until nearly all water or milk is absorbed.

3. Stir well before serving. Serve with assorted toppings, if desired. Refrigerate leftovers.

Nutrition facts per serving: 40 calories, 0.5g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 7g carbohydrate, 1g fiber, 0g sugar, 1g protein.

Recipe from Linda Ashley, Hy-Vee Dietitian

Dietitian Pick of The Month:

ALMOND BREEZE UNSWEETENED ALMOND MILK

- 40 calories per serving and sugar-free
- Excellent source of calcium and vitamin D
- Gluten-, cholesterol- and lactose-free
- NuVal score is 90
- Simple to Use!
- Chilled by the glass
- Add to your cereal, coffee or fruit smoothies
- Mixes cup-for-cup in your favorite recipes

Dietitian Recipe of The Month: BANANA-COCOA SMOOTHIE

Makes 1 serving.

With plenty of protein from both tofu and almond milk, this banana split-inspired breakfast smoothie will keep you satisfied until lunchtime.

ALL YOU NEED:

1 banana

1/2 cup silken tofu

1/2 cup almond milk, such as Almond Breeze Original Unsweetened

2 tablespoons unsweetened cocoa powder

1 tablespoon honey

ALL YOU DO:

Slice banana and freeze until firm. Blend tofu, almond milk, cocoa and honey in a blender until smooth. With the motor running, add the banana slices through the hole in the lid and continue to puree until smooth.

PER SERVING: 306 calories; 7 g fat (1 g sat, 1 g mono); 0 mg cholesterol; 58 g carbohydrate; 12 g protein; 9 g fiber; 129 mg sodium; 687 mg potassium. NUTRITION BONUS: Magnesium (23% daily value), Potassium (20% dv), Vitamin C (17% dv). Carbohydrate Servings: 3. Exchanges: 1 1/2 fruit, 1 1/2 reduced-fat milk, 1 1/2 other carbohydrate, 1 medium-fat meat
2011 RECIPE ADAPTED FROM EATING WELL, INC.

