



simply healthy

from your Hannaford Dietitian

Candy Corn Parfaits



Serves: 4

Ingredients:

1 cup mandarin oranges
1 cup pineapple, chopped
1 cup Stonyfield® Organic Lowfat Vanilla Yogurt

Directions:

1. Layer in a parfait glass and enjoy!



Nutritional Information

Amount per serving: Calories 90; Total Fat 0.5 g; Saturated Fat 0 g; Cholesterol 5 mg; Sodium 35 mg; Carbohydrate 18 g; Dietary Fiber 2 g; Sugar 14 g; Added Sugar 3 g; Protein 3 g

Source: Recipe adapted from produceforkids.com

Boo Bananas

Prep Time: 10 minutes + 4 hours in freezer

Serves: 6

Ingredients:

3 bananas
6 wooden pop sticks
2 cups Stonyfield® Organic Lowfat Vanilla Yogurt
1 cup dried shredded coconut
6 raisins
12 chocolate chips (mini chips work well)



Directions:

1. Cut each banana in half widthwise. Insert pop stick into the flat end of each banana segment.
2. Dip bananas into yogurt, then top with shredded coconut.
3. Decorate with raisin mouth and chocolate chip eyes.
4. Freeze for 4 hours.

Nutritional Information

Amount per serving: Calories 200; Total Fat 10 g; Saturated Fat 8 g; Cholesterol 5 mg; Sodium 50 mg; Carbohydrate 26 g; Dietary Fiber 4 g; Sugar 16 g; Added Sugar 5 g; Protein 4 g

Source: Recipe adapted from nuggetmarket.com

Interested in learning more?

Our registered dietitians offer free nutrition education in-store and online. They can give you the information you need to make the healthy lifestyle changes you want. For free nutritional advice, you can contact your Hannaford Dietitian or email a private message to our online registered dietitian at dietitian@hannaford.com.

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