

APRIL 2017



STRAWBERRY BANANA SMOOTHIE BOWL

2 Servings Prep Time: 5 min

ALL YOU NEED

- 1 banana, peeled and frozen
- 1 scoop vanilla bean Performance Inspired Performance Whey Protein
- 1 (5.3 oz) Hy-Vee non-fat Greek vanilla or strawberry yogurt
- 1/2 cup sliced strawberries or other fruit
- 2 tbsp Hy-Vee sliced almonds
- 1 tsp chia or hemp seeds
- Additional toppings, as desired

ALL YOU DO

1. To a blender, add banana, whey protein powder and yogurt. Blend until smooth and pour into 2 bowls.
2. Top with sliced strawberries, almonds, chia seeds. Add additional toppings as desired.

Nutrition Facts per serving: 250 calories, 4.5g fat, 0.5g saturated fat, 0g trans fat, 40mg cholesterol, 90mg sodium, 32g carbohydrate, 7g fiber, 18g sugar, 22g protein.
Daily Values: 0% vitamin A, 45% vitamin C, 15% calcium, 4% iron. Source: Hy-Vee Dietitians

CHOOSE YOUR OWN TOPPINGS

PICK A FRUIT



Banana



Peach



Pineapple



Kiwi



Apple



Berries

BOOST THE NUTRITION



Seeds
Chia
Flax



Wheat Germ



Whey Protein
Powder

MAKE IT CRUNCH



Nuts



Granola



Coconut Flakes

REDUCE FOOD WASTE

1 LONG LIVE LEFTOVERS

Leftovers are a great way to use foods in your fridge that otherwise would go to waste. Try to plan one meal per week that involves leftovers. Soups, casseroles and stir-fry are good ways to use leftover meat, veggies, beans, rice and pasta.

2 FREEZE FORGOTTEN FOODS

Instead of throwing them away, put them in the freezer!

- Hotdog or hamburger buns - make garlic toast
- Bananas - Use frozen bananas in a smoothie bowl with our Dietician Pick of the Month, Performance Inspired Whey Protein.
- Berries
- Deli meat or cheese
- Pasta sauce or tomato paste

3 USE MISFIT PRODUCE

We all know that many fruits and vegetables do not grow to perfect size, shape and color every time. That leaves up to 6 billion pounds of produce un-harvested or un-shipped every year. The MISFITS program is designed to find a home for this product. It is great quality and flavor, it just may be a little off-sized or misshaped.

- Misshaped fruits and vegetables are just as healthy and delicious as cosmetically acceptable produce.
- They are usually more affordable.
- Some of these items include peppers, cucumbers, squash, apples and tomatoes.
- Misfits produce is now available in more than 240 Hy-Vee grocery stores across eight Midwestern states.

SPRING INTO ACTION REDUCE FOOD WASTE

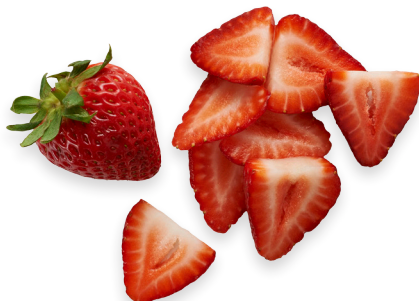
According to NRC data, 40% of food in the U.S. gets wasted annually. Think about the half package of bag lettuce that ends up in the garbage. You can start to reduce the amount of food tossed out with these three easy steps.

PRODUCT SPOTLIGHT



LAND O'FROST SIMPLY DELICIOUS DELI MEATS

- Available in Black Forest Ham, Honey Cured Ham & Turkey Breast.
- All varieties are extra lean and contain only 50 to 60 calories per serving!
- Contains no artificial flavors.
- With the American Heart Association Heart-Check Mark certification you know this food meets the criteria for a heart-healthy food.



DRISCOLL'S STRAWBERRIES

- Excellent source of vitamin C and contains 3 grams of fiber to help keep you full longer.
- Try freezing strawberries to enjoy year-round! Simply slice and remove the stem and then place berries into a freezer bag in a single layer, seal and freeze!



PINEAPPLE

- Pineapple is versatile and pairs excellently with seafood, poultry or beef!
- Don't be afraid to pick up and cut into a whole pineapple. Get started by using a chef's knife to cut off either end, then remove the outer skin, quarter and remove the core, dice and serve!

APRIL DIETITIAN PICK OF THE MONTH PERFORMANCE INSPIRED WHEY PROTEIN



5 REASONS TO EAT PERFORMANCE INSPIRED WHEY PROTEIN

- 1 Helps rebuild and repair muscle after workouts.
- 2 Improves digestion and absorption with digestive enzymes.
- 3 Maintains lean muscle mass with aging and weight loss.
- 4 All-natural ingredients that are gluten-free.
- 5 Two different formulas:

Performance Whey- for workout recovery or added protein in smoothies, snacks or oatmeal.

Ripped Whey- for competitive athletes or mid-morning/afternoon energy boost.

DIETITIAN RECIPE OF THE MONTH STRAWBERRY BANANA PROTEIN SMOOTHIE

👤 2 servings

ALL YOU NEED

- 1 medium banana, peeled and frozen
- 1 cup fresh strawberries, stems removed
- ½ cup orange juice
- 1 (5.3 oz) container fat-free vanilla or strawberry Greek yogurt
- 1 scoop vanilla bean Performance Inspired Performance Whey Protein

ALL YOU DO

1. Combine frozen banana, strawberries, orange juice, Greek yogurt and protein in blender and blend until smooth. Serve immediately.

Nutrition Facts per serving: 240 calories, 1g fat, 0g saturated fat, 0g trans fat, 35mg cholesterol, 90mg sodium, 35g carbohydrate, 6g fiber, 22g sugar, 23g protein. Daily Values: 2% vitamin A, 120% vitamin C, 15% calcium, 10% iron. Source: Hy-Vee Dietitians

