

Health Tip of the Month

Find Ways to Add Yogurt to Your Diet

Some types of yogurt available are:

- Low fat or non-fat yogurt
- Greek Yogurt
- Kefir
- Frozen yogurt
- Non-dairy yogurt

Why is it good to eat yogurt?

- Yogurt is rich in nutrients such as calcium, vitamin B12, riboflavin, phosphorous and protein
- Yogurts that have probiotics aid in gut health
- Probiotics are healthy bacteria that live in the gut
- Probiotic yogurt will be labeled on the container or ingredient label
- Probiotic yogurt may lower the risk of:
 - Heart disease
 - Diabetes



Peanut Butter & Berry Yogurt Bark

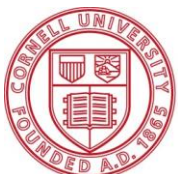
Ingredients

- 1 cup whole-milk Greek yogurt
- 2 tablespoons honey or maple syrup
- $\frac{1}{4}$ cup peanut butter
- $\frac{1}{2}$ cup mixed berries (blueberries, strawberries, blackberries, raspberries)
- 2 tablespoons seeds (flax, chia, pumpkin, or hemp)



Directions

- 1) In a bowl, combine Greek yogurt, maple syrup or honey and peanut butter.
- 2) Mix until fully combined.
- 3) Line a baking sheet with parchment paper.
- 4) Spread Greek yogurt mix onto the baking sheet, about $\frac{1}{2}$ inch thick.
- 5) Top the yogurt with the berries and seeds.
- 6) Freeze for about 2 hours and enjoy!



Cornell University
Cooperative Extension
New York City

Worksite Wellness Initiative: by Rachel Longo, Dietetic Intern

Recipe created by: Rachel Longo and Natalie Rizzo MS, RD
Teachers College, Columbia University 95:11/20

More Health Tips? visit <http://nyc.cce.cornell.edu>