



Twisted Chicken Salad (adapted from cookinglight.com)

Ingredients:

- 1 cup chopped celery and shredded carrots
- 16 sliced seedless red grapes
- 1/4 cup blueberries
- 1 12.5-oz can of chopped chicken in water
- 1 cup non-fat plain greek yogurt
- fresh dill (optional)
- lemon juice (optional)
- pepper (optional)

Preparation:

- Drain canned chicken and set aside
- Add chopped celery, shredded carrots, blueberries, and halved seedless grapes into a bowl and mix in greek yogurt and optional herbs/seasonings if desired
- Fold in the canned chicken
- Spread mixture on toasted whole grain bread or crackers and enjoy!



Oat and Fruit Muffins (adapted from snacknation.com)

Ingredients:

- 1 cup plus 1 Tbsp whole wheat flour
- 1 cup rolled oats
- 2 tsp baking powder
- 1 egg plus 2 egg whites
- 1 cup plain non-fat greek yogurt
- 1/3 cup honey
- 1/4 cup non-fat milk
- 2 tsp vanilla extract
- 1 cup fresh blueberries

Preparation:

- Combine all dry ingredients including flour, oats, and baking powder in a bowl and stir
- Combine all wet ingredients including egg, egg whites, yogurt, honey, milk, and vanilla in a separate bowl and stir
- Mix wet ingredients into dry ingredients until completely mixed
- Lightly toss fresh blueberries into batter
- Add even amounts of batter into lightly sprayed muffin tin
- Bake at 350 degrees for 18-20 min



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Veggie Dip

Ingredients:

- 1 18-oz container non-fat plain greek yogurt
- 1 packet of dry salad dressing (opt for low-sodium)

Preparation:

- Add dry salad dressing packet into plain greek yogurt. Stir until completely mixed.
- Enjoy with raw vegetables!



Fruit Dip

Ingredients:

- 1 8-oz container of non-fat whipped topping
- 2 individual-sized non-fat yogurt (any flavor)

Preparation:

- Pour the 2 yogurts into the container of non-fat whipped topping and stir until completely mixed.
- Enjoy with fresh fruit!





Baked Apples (adapted from healthyhappymama.com)

Ingredients:

- 4-5 medium apples
- 2 Tbsp applesauce
- 1 tsp cinnamon

Preparation:

- Cut apples into bite-sized pieces
- Toss apples in applesauce
- Place dressed apples on cookie sheet and sprinkle with cinnamon
- Bake at 350 degrees for 20-30 min



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Your Grocery List

- Apples
- Applesauce
- Baking powder
- Blueberries
- Canned chicken
- Carrots
- Celery
- Cinnamon
- Dry salad dressing packet
- Eggs
- Fresh dill
- Honey
- Lemon juice
- Non-fat flavored yogurt
- Non-fat milk
- Non-fat plain greek yogurt
- Pepper
- Rolled oats
- Vanilla extract
- Whole wheat flour

