

Real Appeal Makes Healthier Eating Simple and Delicious

Ingredients

- 1 cup plain nonfat or low-fat yogurt (regular or Greek)
- ¼ orange, skin and seeds removed
- ⅓ cup pineapple chunks
- 2 tablespoons chopped unsalted, dry-roasted or raw cashews
- 2 teaspoons honey
- About ½ cup ice



Pineapple, Orange, and Yogurt Shake

Total Time: 3 Minutes
302 Calories | 9g Total Fat

Using yogurt as dairy instead of milk in your shakes makes them rich and thick! The sweetness of pineapple, orange, and honey is delicious with the tartness of the yogurt.

Directions

1. In a blender, combine yogurt, orange, pineapple, cashews, and honey. Process until cashews are fully pureed; depending on your blender, this will take anywhere from 30 seconds to 1 minute.
2. Add ice and process for an additional 30 seconds. Serve immediately.

Ingredients

- ½ cup air-popped popcorn
- ¼ teaspoon olive oil
- Dash salt
- 16 bittersweet chocolate chips



Chocolate Popcorn

Total Time: 5 Minutes

105 Calories | 7g Total Fat

Directions

1. Pop corn and immediately toss with oil, salt, and chocolate.
2. If popcorn is hot, chocolate will melt slightly. If you want it to melt a bit more, place in a 350° oven for 3 minutes.
3. Remove popcorn, let cool and serve.

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