

February Nutrition Note and Recipes



Happy Valentine's Day!

Strawberry Greek Yogurt Tart

Ingredients

- 1 large whole wheat pizza crust
- Greek yogurt
- Sliced strawberries



Instructions

Spread Greek yogurt over pizza crust, top with sliced strawberries, cut and serve.

Recipe adapted from: <https://www.superhealthykids.com/recipe-category/valentines-day/>

Valentine Arrow Pancake Fruit Kabobs

Ingredients

- pancakes
- strawberries, blueberries, oranges
- skewers



Instructions

Use a heart shape cookie cutter and cut pancakes into hearts, skewer blueberries, strawberries and oranges.

Recipe adapted from: [https:// https://za.pinterest.com/pin/219550550565150178/](https://za.pinterest.com/pin/219550550565150178/)

Valentine Strawberry Smoothie

Ingredients

- banana, froze
- 1/2 apple, frozen
- 1cup yogurt
- 1cup milk
- 1cups fresh or frozen strawberries
- 2 slices of kiwi, for garnish



Instructions

Blend all together, pour and serve

Recipe adapted from: <http://www.eatwell101.com/valentine-breakfast-smoothie-recipe>

Granola Parfait Yogurt Cups

Ingredients

- 6 chewy oatmeal squares
- 1.5 – 2 cups yogurt
- Chopped fresh or frozen berries



Instructions

Preheat oven to 350F. Line six muffin/cupcake molds of a nonstick pan with parchment paper. Place one granola square inside the pan. Press on granola until it forms a cup shape, lining the inside of the muffin mold. If you need to, you should be able to remove granola from the edges to place in the center or anywhere else there may be holes. Bake for about 8 minutes, until squares start to darken, be careful not to burn them. Remove and let cool. After cups are cool, gently remove them. Fill them with yogurt and berries

Recipe adapted from: <http://kirbi cravings.com/2013/07/granola-yogurt-parfait-cups.html>

Strawberry Yogurt Granola Cereal



Sourced from: <https://eatsamazing.co.uk/valentines-day/top10-valentines-food-ideas-for-kids>

Strawberry Lady Bugs



Sourced from <http://farmerswiferambles.com/2013/01/valentines-day-fruit-lovebugs/>

Nutrition Note – February 2018

Fibre and Your Heart

Show your heart a little love this Valentine's Day! One way to take care of your heart is to enjoy a diet high in fibre. Fibre plays an essential role in maintaining low blood cholesterol and a healthy body weight, both of which are important to a healthy heart. Whole grains, fruits and vegetables are great sources of fibre as well as providing vitamins, minerals and other nutrients. When you select your grains, try to choose whole grains such as whole grain breads, oatmeal and whole wheat pasta. Enjoy a variety of colourful fruits and vegetables and choose at least one dark green and one orange vegetable per day. Daily consumption of recommended fibre will help keep your heart healthy as well as improve your overall health and well-being.