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
- ¼ cup peanut butter
- ½ 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 ½ inch thick.
5) Top the yogurt with the berries and seeds.
6) Freeze for about 2 hours and enjoy!

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