

Cinnamon Yogurt Fruit Dip

Ingredients:

1 cup Vanilla Greek Yogurt
½ teaspoon cinnamon **
Sliced Granny Smith apples
Sliced Strawberries

** Research has shown that cinnamon has many health benefits e.g. Fight strains of E. coli, can reduce triglycerides after a fatty meal, curb spikes in blood sugar, smelling cinnamon enhances cognitive processing.

Directions:

Mix cinnamon in yogurt
Dip fruit slices



Art Smith's Garlic Mashed Cauliflower (courtesy of Trisha Yearwood, Food Network: Trisha's Southern Kitchen)

Ingredients:

1 medium head of cauliflower, chopped
Kosher salt
1/4 cup chicken stock
2 tablespoons grated Italian cheese, such as Parmesan
1 tablespoon extra-virgin olive oil
1 tablespoon nonfat Greek yogurt
1 clove garlic, smashed and chopped
Freshly ground black pepper
Fresh rosemary, chopped, for garnish

Directions:

Add the cauliflower and a pinch of salt to a boiling pot of water and cook until cooked through and very tender, about 10 minutes. Drain well and quickly dry well with paper towels. Add the hot cauliflower to a food processor with the chicken stock, cheese, olive oil, yogurt and garlic and process until smooth. Stir in a pinch of salt and pepper and the chopped rosemary, and serve immediately.

