

# MARCH IS NUTRITION MONTH!

Unlock the potential of food by using our products to prepare delicious and nutritious recipes!

## RECIPE OF THE MONTH



**PREP TIME**  
5 minutes



**COOK TIME**  
5 minutes



**SERVINGS**  
1 CUP

## Green Goddess Dressing

Recipe developed by Maryam Naslafkih RD, in partnership with Danone Canada.  
[maryamnasnutrition.com/green-goddess-dressing/](http://maryamnasnutrition.com/green-goddess-dressing/)

### INGREDIENTS

¾ cup plain yogurt (Oikos Greek yogurt, Activia probiotic yogurt or Silk plant-based yogurt)	½ cup spinach ½ cup parsley ¼ cup cilantro 2-3 mint leaves 3 green onions	2 garlic cloves ½ avocado ¼ cup lemon juice 2 tbsp olive oil ¼ cup water
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### DIRECTIONS

Blend all the ingredients until smooth.  
Use the dressing in a salad, with taco toppings, as a veggie dip or simply as a delicious sauce to accompany your snacks or meals!



### Oikos Greek Yogurt, Plain 0%

17g of protein per  
¾ cup (175 g)

CODE: \_\_\_\_\_



### Activia Probiotic Yogurt, Plain

Exclusive strain of  
probiotics\*

CODE: \_\_\_\_\_



### Silk Plant-Based Yogurt, Plain

Vegan & high  
source of fibre

CODE: \_\_\_\_\_

For More Information,  
please contact:

\*More than 10<sup>9</sup> CFU Bifidobacterium lactis per serving, a probiotic that contributes to healthy gut flora.  
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