



## Dairy for Healthy Fertility

Created by Faith and Hope Wellness Associates



# Berry & Greek Yogurt Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

1. Add all ingredients to a high-speed blender and blend until very smooth.
2. Pour into a glass and serve immediately. Enjoy!

## Notes

### Ultra Creamy

Use milk instead of water.

## Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 tbsp Raw Honey
- 1 Banana (frozen)
- 1 cup Frozen Raspberries
- 1 tbsp Ground Flax Seed
- 1 cup Water

## Nutrition

Amount per serving

<b>Calories</b>	369	<b>Cholesterol</b>	17mg
<b>Fat</b>	6g	<b>Sodium</b>	82mg
<b>Carbs</b>	70g	<b>Vitamin A</b>	805IU
<b>Fiber</b>	11g	<b>Vitamin C</b>	42mg
<b>Sugar</b>	43g	<b>Calcium</b>	324mg
<b>Protein</b>	15g	<b>Iron</b>	2mg



# Pomegranate Yogurt Bark

3 ingredients · 2 hours · 9 servings



## Directions

1. Line a baking sheet with parchment paper, wax paper or a silicone mat.
2. Spread the yogurt evenly onto the lined baking sheet, about 1/4-inch thick. Sprinkle the pomegranate and pumpkin seeds overtop.
3. Place in the freezer until very firm, about 2 hours. Slice or break apart into pieces.

## Notes

### Leftovers

Keep frozen in an airtight container or freezer bag for up to two months. Line with parchment paper between the pieces if needed.

### Serving Size

Each serving equals approximately one 3 x 2.5" piece.

### Dairy-Free

Use coconut yogurt instead.

### More Flavor

Add vanilla extract and your sweetener of choice.

### Additional Toppings

Add in strawberry slices, blueberries, crushed pistachios, sliced almonds, hemp seeds, shredded coconut or chocolate chips.

## Ingredients

- 1 cup Plain Greek Yogurt
- 1/3 cup Pomegranate Seeds
- 1 tbsp Pumpkin Seeds

## Nutrition

Amount per serving

<b>Calories</b>	29	<b>Cholesterol</b>	4mg
<b>Fat</b>	1g	<b>Sodium</b>	16mg
<b>Carbs</b>	2g	<b>Vitamin A</b>	139IU
<b>Fiber</b>	0g	<b>Vitamin C</b>	2mg
<b>Sugar</b>	1g	<b>Calcium</b>	57mg
<b>Protein</b>	3g	<b>Iron</b>	0mg

# Pear Spice Overnight Oats

9 ingredients · 8 hours · 4 servings



## Directions

1. In a large bowl, combine the kefir, water, oats, honey, cinnamon, allspice, chia and half of the sliced pear. Cover and refrigerate overnight.
2. In the morning, divide into bowls or individual containers and top with tahini and the remaining pears. Enjoy!

## Notes

### Storage

Refrigerate in airtight containers up to 3 days.

### More Toppings

Add your favourite toppings such as walnuts, pecans, nutmeg, hemp seeds, ground flax, sesame seeds, pumpkin seeds or shredded coconut.

### Dairy-Free

Use coconut milk kefir or any alternative milk instead.

### No Pears

Use apples instead.

## Ingredients

- 2 cups Plain Kefir
- 1 cup Water
- 2 cups Oats (rolled)
- 2 tbsps Raw Honey
- 1 tsp Cinnamon
- 1 tsp Ground Allspice
- 2 tbsps Chia Seeds
- 2 Pear (sliced and divided)
- 1/4 cup Tahini

## Nutrition

Amount per serving

Calories	425	Cholesterol	5mg
Fat	14g	Sodium	107mg
Carbs	65g	Vitamin A	286IU
Fiber	10g	Vitamin C	5mg
Sugar	26g	Calcium	343mg
Protein	15g	Iron	4mg



# Buttery Broccolini

4 ingredients · 10 minutes · 2 servings



## Directions

1. In a large pan over high heat, add broccolini and water. Bring to a boil and cook uncovered for about 6 to 8 minutes, or until tender.
2. Add the butter and season with salt and pepper. Toss well and sautee for an additional 2 minutes.
3. Remove the broccolini from the pan, divide onto plates and enjoy!

## Notes

### More Flavour

Add lemon juice, lemon zest, garlic and/or spices in step 2.

### Dairy-Free

Use coconut oil, olive oil or avocado oil instead of butter.

### No Broccolini

Use broccoli or rapini instead.

### Leftovers

Refrigerate in an airtight container for 3 to 5 days.

## Ingredients

**1 bunch** Broccolini (trimmed and stems sliced)

**1/2 cup** Water

**2 tbsps** Butter

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	157	<b>Cholesterol</b>	31mg
<b>Fat</b>	13g	<b>Sodium</b>	126mg
<b>Carbs</b>	7g	<b>Vitamin A</b>	10260IU
<b>Fiber</b>	6g	<b>Vitamin C</b>	81mg
<b>Sugar</b>	1g	<b>Calcium</b>	267mg
<b>Protein</b>	8g	<b>Iron</b>	3mg