



Retail Dietitian Promotional Calendar

12-Months of Activia Recipes



Serves 1

January

Green Avocado Smoothie

Ingredients:

- 1 cup Activia® Vanilla Probiotic Yogurt
- 1 cup fresh spinach
- ½ small avocado
- 1 frozen sliced banana
- 2-4 tablespoons water

Instructions:

- Add all ingredients in order into a blender and process until smooth.
- Slowly add more water if needed to reach desired consistency.



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March

Serves 3-4

Quinoa, Bean And Avocado Bowl with Tahini Yogurt Dressing

BASE Ingredients:

- 2 cups cooked quinoa (optional: brown rice)
- 1 can black beans, drained and rinsed
- 1 large avocado, cubed
- 1 cup grape tomatoes, halved or diced
- 2 cups chopped romaine lettuce (optional: 12 ounces grilled chicken strips)
- Chopped cilantro or parsley for garnish

Dressing:

- ¼ cup Activia® Vanilla Probiotic Yogurt
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 1 garlic clove, minced
- ¼ teaspoon kosher salt
- Water to thin

Instructions:

Divide base ingredients into 3 or 4 bowls.

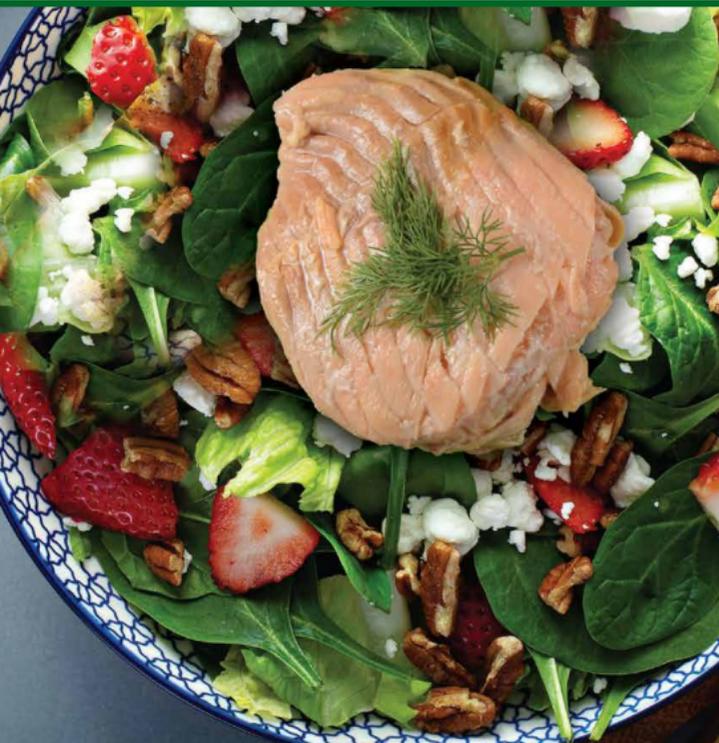
Mix together dressing ingredients in a separate bowl and stir in water one teaspoon at a time until it is thin enough to drizzle.

Divide dressing among the grain bowls to serve.



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April

Salmon Salad With Strawberry Yogurt Balsamic Vinaigrette

Serves 2

Ingredients:

- 4 cups chopped romaine lettuce
- 1 cup diced cucumber
- 1 cup diced red or orange bell pepper
- ½ cup diced red onion
- 1 medium avocado, diced
- 7 ounce can salmon packed in water
- 4 large strawberries, diced

Dressing:

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 3 tablespoons Activia® Strawberry Probiotic Yogurt
- Pinch of salt and pepper

Instructions:

- Divide salad ingredients among 2 large bowls.
- Mix dressing ingredients in a small bowl and whisk to combine.
- Pour dressing over salads and serve.
- If desired, sprinkle with pecans or other choice of nuts.



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Serves 6

May

Mother's Day Fruit and Yogurt Tarts

Ingredients:

- ¾ cup old fashioned oats
- ½ cup walnuts, finely chopped
- 1 ½ teaspoons sesame seeds
- 2 tablespoons butter, melted
- 2 tablespoons honey
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon
- ¾-1 cup Activia® Vanilla Probiotic Yogurt
- Mixed fresh berries, banana slices or other favorite fruit for topping such as peaches, kiwi, cherries or pears.

Instructions:

- Pre-heat oven to 300F.
- Mix the oats, walnuts, sesame seeds, melted butter, honey, vanilla and cinnamon together in a bowl until thoroughly coated.
- Spray 6 muffin tins with nonstick spray.
- Press about ¼ cup of the mixture into muffin tins. Use the back of a spoon sprayed with cooking spray to help press the granola evenly across the bottom and up the sides.
- Bake in the center rack of the oven for about 15 to 20 minutes, or until golden.
- Immediately after removing the tart shells from the oven, use the back of a greased spoon to press down the centers of the crust to create more of an indentation, and push up the sides. The shell puffs up in the oven, so it helps to reshape the crust after it bakes while still hot.
- Allow to cool completely in the pan before removing.
- Use a small knife to gently release the sides of the crust, working around each side, then very carefully remove it from the pan, turning over if needed into your hand. The crust should be crisp on the sides and hold together, but will be delicate.
- Fill each tart with 2-3 tablespoons yogurt
- Arrange the fruit on top and serve immediately. Keep any leftover crusts in an airtight container and add yogurt and fruit just before serving.



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June

Cherry Smoothie Bowl

Ingredients:

- ½ cup Activia® Vanilla Probiotic Yogurt
- 1 cup frozen cherries
- 1-2 tablespoons water

Topping Ideas:

- 1 tablespoon shredded coconut
- 1 tablespoon chopped almonds, walnuts or pecans
- 2 teaspoons chocolate chips
- Sliced fresh cherries or bananas

Instructions:

- Add yogurt, cherries and 1 tablespoon of water to a blender and process until smooth.
- Add additional water one teaspoon at a time if needed to create the desired consistency.
- Pour into a bowl and add your favorite topping options.

Serves 1



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July

Makes (6) 3-Ounce Popsicles

Patriotic Frozen Yogurt Pops

Ingredients:

- 1 cup fresh strawberries, mashed
- ½ cup fresh blueberries, mashed
- 4 ounce container Activia® Strawberry Probiotic Yogurt (or 60 calorie variety for sugar free)
- 4 ounce container Activia® Blueberry Probiotic Yogurt (or 60 calorie variety for sugar free)
- 4 ounce container Activia® vanilla Probiotic Yogurt (or 60 calorie variety for

Instructions:

In one bowl, combine mashed strawberries with the strawberry yogurt. In a separate bowl, combine mashed blueberries with the blueberry yogurt.

Fill (6) 3 ounce popsicle molds almost ½ way with strawberry mixture.

Layer in about 1 ½ tablespoons of vanilla yogurt.

Top with the blueberry yogurt mixture until full.

Add popsicle sticks and place in freezer for several hours until frozen.

Just before serving, run the outside of the mold under warm water until popsicle loosens for removal.



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August

Serves 1

Pomegranate Chia Pudding

Ingredients:

- 1/3 cup low fat milk
- 4 ounce container Activia® Strawberry Probiotic 60 Calorie Yogurt
- Pinch of kosher salt
- 2 tablespoons chia seeds
- 1/4 cup pomegranate arils
- 2 tablespoons chopped pistachios

Instructions:

- Add milk, yogurt, salt and chia seeds to a small container with a lid. Stir, cover and refrigerate for a few hours or overnight.
- Top with pomegranate arils and pistachios and serve.



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September

Serves 2 (3 Pancakes Each)

Blueberry Protein Pancakes with Yogurt Drizzle

(Gluten Free, No Added Sugar Option)

Ingredients:

- ½ cup old fashioned oats
- 1 egg
- ¼ cup plus 2 tablespoons liquid egg whites
- 1 medium banana
- ¼ teaspoon vanilla extract
- ½ teaspoon baking powder
- ½ cup blueberries
- ¼ cup Activia® Blueberry Probiotic Yogurt (or 60 calorie option for sugar free)

Toppings: extra blueberries, chopped almonds or pecans

Instructions:

Add egg and egg whites, banana, vanilla and baking powder, blending to combine.

Gently stir in ½ cup of blueberries.

Spray a griddle or pan with nonstick spray and heat on medium-high.

Use ¼ cup as a measure to scoop batter into pan. The mixture will be runny, that's ok.

Cook bottom until golden brown and very carefully flip over, cooking until set and golden. Be patient!

Drizzle with Activia® Blueberry Probiotic Yogurt and add toppings as desired.



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October

Serves 4

Pumkin Spice Overnight Oats

Ingredients:

- 1 ½ cup old fashioned rolled oats
- 2 teaspoon pumpkin pie spice
- 1 ½ tablespoons chia seeds
- 1 cup low fat milk
- 1 ⅓ cup Activia® Vanilla Probiotic Yogurt
- 1 teaspoon vanilla extract
- 1 cup canned pumpkin
- 2 bananas sliced
- 2 teaspoons pure maple syrup

Instructions:

Add all ingredients except maple syrup in a jar or container with a lid. Stir well and refrigerate for a few hours or overnight. Top with maple syrup, a sprinkle or cinnamon or pumpkin pie spice and serve.



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November

Quinoa and Peach Yogurt Parfait

Ingredients:

- ½ cup cooked quinoa
- 4 ounce container
Activia® Peach
Probiotic Yogurt
- 1 medium peach, diced
- 2 tablespoons chopped
walnuts, pecans or
almonds

Instructions:

- In a tall glass or jar, layer ¼ cup quinoa, ¼ cup yogurt, ½ of the peaches and 1 tablespoon nuts.
- Repeat with second layer and serve.



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December

Serves 1

Waffles Topped with Greek Yogurt and Cranberry Compote

Ingredients:

- 1 cup fresh raw cranberries
- 1 teaspoon lemon juice
- ½ teaspoon lemon zest
- 1 packet stevia or preferred sweetener
- 1- 5.3 ounce container
Activia® Vanilla Greek Probiotic Yogurt
- 2 whole grain frozen waffles
- Optional: hemp hearts, pumpkin seeds or chopped nuts for garnish

Instructions:

- Rinse the cranberries and place in a glass or ceramic bowl/container, covering loosely with a lid or paper plate to prevent splatter.
- Microwave on full power for 2 minutes.
- Add lemon juice, zest and sweetener, stirring to combine. Taste and add more sweetener if needed.
- Toast the waffles, top each with 1/2 of the Activia® yogurt and 1/2 of the cranberry compote.
- If desired, sprinkle with hemp hearts, or pumpkin seeds for a garnish.