

Elizabeth's Healthy Pick of the Week



Helios Organic Greek Kefir (non-fat)



Why It's Healthy:

<ul style="list-style-type: none"> • Organic • No High Fructose Corn Syrup • Hormone and antibiotic free 	<ul style="list-style-type: none"> • Excellent source of protein (16 grams) • Contains probiotics • Variety of flavors
---	---

Helios Organic Greek Kefir (non-fat) is a delicious drink that packed with nutrients. It is made from grass fed cows, loaded with vitamins, minerals and probiotics, contains all organic ingredients and aids in digestion. It's a nice alternative to milk or yogurt. Try using this kefir in place of buttermilk or yogurt in your recipes.

Buttermilk (Kefir) Ranch Dressing



16 serving | Active Time: **5 minutes** | Total Time: **5 minutes**

Ingredients

<ul style="list-style-type: none"> 1/2 cup Helios Organic Greek Kefir (non-fat) 1/4 cup reduced-fat mayonnaise 2 tablespoons champagne, or white-wine vinegar 1/2 teaspoon granulated garlic 	<ul style="list-style-type: none"> 1/2 teaspoon salt 1/2 teaspoon pepper 1/3 cup chopped fresh herbs, such as chives, tarragon, basil or dill
---	--

Preparation

1. Whisk buttermilk, mayonnaise, champagne (or white-wine) vinegar, garlic, salt and pepper in a small bowl until smooth. Stir in herbs.

Nutrition Per serving: 16 Calories; 1 Fat; 1 mg cholesterol; 1 Carb; 103 mg Sodium; 17 mg potassium.

Recipe from www.eatingwell.com

Recipe Provided by Elizabeth M. Madison, **Locust Valley** In-Store Registered Dietitian.

Want more recipes or meal planning ideas? Contact Elizabeth at: emadisonrd@gmail.com or call 718-598-0617