

HEALTHY MOTHER'S DAY RECIPES



Easy, family-friendly meals to celebrate
Mom with love and flavor.



Build-Your-Own Yogurt Parfait Bar

- Greek yogurt; Fresh fruit. (berries, banana, kiwi, mango)
- Granola or oats, Honey or maple syrup. **Optional:** chia seeds, flaxseeds, or nuts.

Let each family member create their own parfait masterpiece!



Green Goddess Smoothie

- 1 banana, 1 cup spinach or kale. 1/2 cup of pineapple, 1/2 avocado, 1 cup almond milk, and 1 tsp of chia seeds.

Blend until smooth and serve chilled.



Grilled Veggie Wraps With Hummus

- Whole wheat wraps, Grilled zucchini, peppers, onions, mushrooms.
- Olive oil, lemon juice herbs.

Assemble, wrap and grill lightly for a warm satisfying meal.



Sheet Pan Salmon & Veggies

- Salmon fillets, Broccoli, cherry tomatoes, and baby potatoes.
- Olive oil, lemon, and herbs.



Watermelon & Mint Salad

- Cubed watermelon, mint leaves, lime juice.
- **Optional:** Feta

Toss together and chill. Refreshing and delicious!