

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 Naslaffkih RD, in partnership with Danone Canada.
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

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 10⁹ CFU Bifidobacterium lactis per serving, a probiotic that contributes to healthy gut flora.
Activia® / Danone® used under lic., © 2022 Cie Gervais Danone. All rights reserved
Silk® © 2022 White Wave Services, Inc. All rights reserved
Oikos® used under lic., © Danone US, LLC



DANONE
CANADIAN
FOODSERVICE

All kinds of better™

danonefoodservice.ca

