



It's time to Eat Real!

Join a nationwide celebration and a movement toward more healthy, affordable, sustainable food.

Learn more at www.foodday.org

Food Day, created by the nonprofit Center for Science in the Public Interest, is powered by a diverse coalition of food movement leaders, organizations, and you! Visit www.foodday.org or email foodday@cspinet.org to get involved.



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INSTANT BERRY SHERBET

Combine 1 cup of frozen mixed berries (strawberries, blueberries, blackberries, and/or raspberries) with 1 frozen chopped banana and $\frac{3}{4}$ cup of plain, 0% (fat-free) greek yogurt in a blender. Process until completely smooth. Makes 2 cups.



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SPICY BUTTERNUT SQUASH

Whisk together 2 Tbs. canola oil, 1 tsp. chili powder, $\frac{1}{4}$ tsp. salt, 1 Tbs. honey, and 2 tsp. hot water. Peel, cut in half, seed, and slice a medium butternut squash into $\frac{1}{2}$ " pieces. Toss with the dressing. Roast on a baking sheet at 450° F until very tender, about 30 min.



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WHITE BEANS DIP

For a quick, guaranteed-to-please dip, purée in a food processor: a 15 oz. can (drained and rinsed) Great Northern, navy, or other white beans, 2 Tbs. extra virgin olive oil, 1 clove garlic, and a squeeze of fresh lemon juice. Great with carrot sticks.



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