



For More Information Contact:

Melissa Jaeger, RD, LD

515-695-3773

mjaeger@hy-vee.com

Mother's Day Brunch

Spoil the mom in your life this Mother's Day with the brunch of her dreams! Join Hy-Vee registered dietitian Melissa Jaeger, RD, LD as she discusses how to create a balanced brunch spread that is sure to satisfy every mom in your life. Melissa will discuss ways Hy-Vee can make your Mother's Day brunch spread simple and healthy while also demonstrating a simple and elegant dessert.

Melissa Jaeger, RD, LD represents Hy-Vee as a nutrition expert promoting healthy eating throughout the community. Melissa Jaeger, RD, LD is a member of the Academy of Nutrition & Dietetics.

Lemon-Berry Granola Tarts

Serves 12

All you need:

- 1 (11-oz) bag Hy-Vee Oats & Honey Protein Granola
- ½ cup Hy-Vee sweetened shredded coconut, toasted
- ½ cup Hy-Vee honey, divided
- ¼ cup Hy-Vee salted butter, cut up
- 1 Hy-Vee large egg white
- 1 (8-z) pkg Hy-Vee cream cheese, softened
- 1 (6-oz) container Hy-Vee lemon low-fat yogurt
- 1 tsp lemon zest
- 2 tsp fresh lemon juice
- Mixed Driscoll's berries
- Fresh mint, for garnish

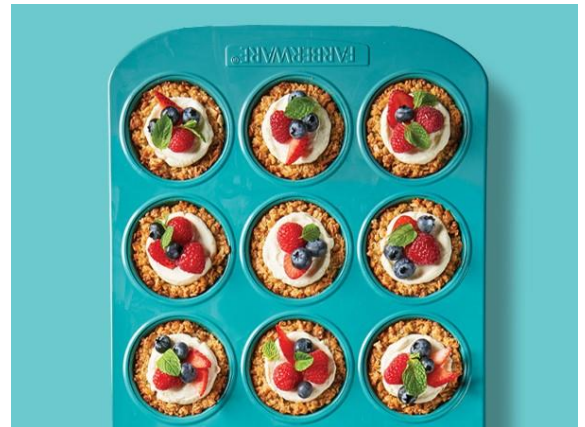


Image courtesy of Hy-Vee.com

All you do:

1. Preheat oven to 325 degrees. Spray 12 (2½-inch) nonstick muffin cups with nonstick spray; set aside.
2. For crusts, place granola and coconut in a food processor. Cover; process until coarsely ground. Transfer to a bowl; set aside. Combine ¼ cup honey and butter in a microwave-safe bowl. Microwave on HIGH for 30 seconds or until melted; cool slightly. Whisk in egg white. Add to granola mixture; stir to combine.
3. Press 2 tablespoons granola mixture in bottoms and up sides of each prepared muffin cup. Bake for 14 to 16 minutes or until set. Cool completely in muffin cups.
4. For filling, beat cream cheese with an electric mixer for 30 seconds. Add yogurt, lemon zest and juice, and remaining ¼ cup honey; beat until smooth. Spoon mixture evenly into each cooled crust. Cover; chill. Top with berries and add mint garnish.

Recipe link: <https://www.hy-vee.com/recipes-ideas/recipes/lemon-berry-granola-tarts>



For More Information Contact:

Melissa Jaeger, RD, LD

515-695-3773

mjaeger@hy-vee.com

Build a Balanced Brunch

Hy-Vee makes spoiling the mothers in your life easy this Mother's Day. Hy-Vee dietitians suggest the following for a delicious and easy menu for your Mother's Day brunch:

- **Fill up the menu with fiber** – Include a fruit and/or vegetable tray on your spread to provide a good source of fiber at your meal. Fiber helps stabilize blood sugars and promotes digestive and heart health. **Hy-Vee Helper** – Purchase one of the pre-made fruit and vegetable trays in our produce department to save time in the kitchen.
- **Pump up the protein** – Opt for protein-rich sides like assorted cheeses, deviled eggs or yogurt parfaits to provide a variety of protein sources on your menu. Protein helps provide a feeling of satiety and fullness at meals. **Hy-Vee Helper** – Visit our deli section for a wide variety of cheese to add to your appetizer menu. Love deviled eggs but hate the work? Stop by our produce department to purchase premade deviled eggs!
- **Make more than one main** – Brunch is the perfect time to serve not one, but two main dishes! Opt for a sweet main dish with a decadent breakfast casserole and pair with a savory option like ham, turkey or even lasagna. **Hy-Vee Helper** – Let Hy-Vee cook one of your mains for you! Contact your local Hy-Vee kitchen and ask about our to-go meal options for brunch.
- **Impress with Dessert** – Dessert doesn't have to be loaded with sugar for it to be a hit with the whole family. Aim for at least one dessert to include fruit and protein for a more balanced meal finisher. **Hy-Vee Helper** – Cook up our dietitian's pick recipe: **Lemon-Berry Granola Tarts**.
- **Finishing Touches** - Keep mom hydrated with infused water or freeze berries into ice cubes for an elegant touch in each water glass. Spoil mom even more with a refreshing Cranberry Kombucha Cocktail: <https://www.hy-vee.com/recipes-ideas/recipes/cranberry-kombucha-cocktail>. **Hy-Vee Helper** - Set the table with a specially designed floral bouquet by our expert Hy-Vee florists!