

## WHAT'S HAPPENING IN YOUR CAFÉ?

We are celebrating yogurt this month in our dining rooms! Try the new recipes featuring Greek yogurt.



## FOOD & WELLNESS

### FUN FACT!

Yogurt dates back to around 5000 BC, where it was originally made from goat or sheep milk. During ancient times, yogurt was termed the "food of the gods."



## FEATURED RECIPE

### Chipotle Carrot Salad

#### INGREDIENTS:

- 1lb carrots
- 2 tsp fresh chopped thyme
- 1 tsp maple syrup
- 1 tbsp olive oil
- ¼ tsp pepper
- 1 tbsp fresh chopped parsley
- ¼ cup light mayo
- ½ tbsp Chipotle Seasoning



Toss Carrots with thyme, maple syrup, oil and pepper. Roast in oven until al dente. Mix with mayo and chipotle seasoning.