



## apple spice smoothie (serves 1)

### ingredients

1/3 cup siggi's 0% Vanilla Skyr  
1 cup apple, rough chopped  
1/2 cup milk, or milk alternative

2 tsp ground flaxseed  
1/8 tsp nutmeg  
1/8 tsp cinnamon

### preparation

Combine all ingredients in a blender and blend until smooth.

### nutrition

Per serving: Calories 193, Total Fat 3g, Carbohydrates 31g, Sugars 24g, Fiber 5g, Sodium 84mg, Protein 12g



## banana spice smoothie (serves 1)

### ingredients

1/3 cup siggi's 0% Vanilla Skyr  
1 frozen banana  
1/2 cup milk, or milk alternative

2 tsp ground flaxseed  
1/8 tsp cinnamon

### preparation

Combine all ingredients in a blender; blend until smooth.

### nutrition

Per serving: Calories 233, Total Fat 3g, Carbohydrates 41g, Sugars 25g, Fiber 5g, Sodium 84mg, Protein 13g



/siggidairy

**siggi's**



## cucumber dill salad dressing

(makes 1 cup)

### ingredients

¾ cup cucumber, peeled and chopped

2 tsp fresh dill

½ clove garlic, roughly chopped

Juice of ¼ a lemon

½ cup siggi's Plain 0% Skyr

2 tsp extra virgin olive oil

Pinch of cumin

Salt and pepper to taste

### preparation

1. Place cucumber, dill, garlic and lemon juice in a blender; blend until smooth.
2. Transfer to small bowl and add siggi's Plain 0% Skyr, extra virgin olive oil and cumin. Lightly whisk until ingredients blended.
3. Season with salt and pepper to taste.

### nutrition

Per 2 tablespoon serving:  
Calories 26, Total Fat 2g,  
Carbohydrates 1g,  
Sugars 1g, Fiber 0g,  
Sodium 8mg, Protein 2g



## date and coconut protein bites

(makes 10 bites)

### ingredients

¼ cup pecans

¼ cup dates, finely chopped into a mince

¼ cup siggi's 0% Vanilla Skyr

½ cup unsweetened coconut flakes

¼ cup almond meal

Additional coconut flakes to coat the bites

### preparation

1. Process pecans in a food processor until they form a smooth butter.
2. Transfer pecan butter to medium sized bowl and add remaining ingredients. Mix with a wooden spoon—the mixture will have a doughy consistency.
3. Roll one-tablespoon amounts of dough into balls with your hands, and then roll in coconut flakes on parchment paper to coat.

### nutrition

Per 1 bite serving:  
Calories 79, Total Fat 6g,  
Carbohydrates 5g,  
Sugars 3g, Fiber 2g,  
Sodium 5mg, Protein 2g



/siggidairy