



Blended Bliss

DELICIOUS AND NUTRITIOUS SMOOTHIES FOR THE WHOLE FAMILY

FAMILY FEATURES

Looking for a healthy, convenient and delicious breakfast boost, afternoon refuel or sweet treat? If so, break out the blender and whip up a delicious and nutritious smoothie. Made with fruits and vegetables, smoothies provide important nutrients that our bodies need. When prepared with chocolate milk, they can also be an excellent source of protein — and a tasty treat for kids and adults alike.

“Chocolate milk is a delicious and nutritious base for smoothies because it not only contains protein and minerals, it also provides calcium and vitamin D, which are essential for bone health,” said registered dietitian Rebecca Scritchfield. “Plus, combining a nutrient-rich option such as TruMoo Chocolate milk with fruits and vegetables like bananas, berries and kale is a great way to get kids to consume the nourishment they need, all in an enjoyable treat.”

Made with fresh white milk — sourced from your local dairy — pure cocoa and just enough natural sugar to make it taste great, TruMoo Chocolate milk is delicious whether it’s a smoothie base or enjoyed on its own. And with no high fructose corn syrup and no artificial growth hormones, you can feel great about serving it to your family.

If you’re not sure what to put in your smoothie, you can get creative with the ingredients you already have on hand. If you’re a fan of PB&J sandwiches, simply combine chocolate milk with bananas, peanut butter and jelly for a delicious take on the classic lunch staple.

Trying to get your kids to eat their veggies, such as kale, is easier when they’re disguised in chocolate-y goodness. And if you’re looking to satisfy your sweet tooth, combine low-fat brownies, ice and chocolate milk.

Each of the following single-serving unives shows you how deliciously easy it is to create a unique and flavorful smoothie to fit any craving. For each recipe, combine ingredients in a blender, mix until smooth and frothy, and serve.

For more delicious recipes, visit www.TruMoo.com, or look for TruMooMilk on Facebook, Twitter and Pinterest.

Chocolate-Berry Blast

- 1 cup TruMoo Chocolate milk
- 1 cup frozen mixed berries
- 1 tablespoon golden flaxseed meal

Cookies ’n Cream Smoothie

- 1/2 cup low-fat fudge brownies or low-fat chocolate cookies, coarsely broken
- 1 cup TruMoo Chocolate milk
- 1 cup ice cubes

Fuel Up Smoothie

- 1 1/2 cups TruMoo Chocolate milk
- 1/2 cup baby kale
- 1 cup ice cubes
- 1 tablespoon almond butter

Banana PB&J Smoothie

- 1 cup TruMoo Chocolate milk
- 1 ripe banana, peeled and cut into chunks
- 2 tablespoons low-fat peanut butter
- 2 tablespoons strawberry or grape jelly

Tips: For a colder smoothie, freeze banana chunks one day ahead. If you have a nut allergy, omit peanut butter.

Incredible Ingredients Make the Smoothie

Besides its creamy goodness, the best thing about a smoothie is the ability to create your own culinary masterpiece. Grab the kids and combine some of these tasty ingredients with chocolate milk for a flavor that’s 100 percent unique and completely satisfying.

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| ■ Apricots | ■ Pineapple |
| ■ Baby spinach | ■ Oats |
| ■ Blueberries | ■ Tart cherries |
| ■ Cherry tomatoes | ■ Raspberries |

Saint John’s Bible To Be Displayed

The Benedictine Institute of Leadership, Ethics and Social Justice is pleased to host The Saint John’s Bible at Mount Marty College in Yankton for the 2015 year. Two volumes of a seven-volume Heritage Edition set have been available at MMC since the start of 2015.


The public may now view all seven volumes of The Saint John’s Bible on Tuesdays and Thursdays from 10 a.m.-2 p.m. and Wednesdays from 6-8 p.m. in the boardroom on campus.

The first public opportunity to view all seven volumes of The Saint John’s Bible will be Wednesday, July 8, in the boardroom at MMC. The event will be from 6-8 p.m. and will

include a DVD and viewing of the bible, along with a free reception. The boardroom is located in the Scholastica Learning Center (SLC) just down the hall from the library.

The Saint John’s Bible, the first hand-written, hand-illuminated bible in more than 500 years, was made possible through the efforts of St. John’s University and the monks of St. John’s Abbey in Collegeville, Minnesota.

Other viewings and arrangements for groups and organizations to engage with The Saint John’s Bible can be made by contacting Andrew Henrickson, 605-668-1495, ahenrickson@mtmc.edu.



The family of Loarine Heckenlaible would like to thank everyone for the prayers, memorials, cards, flowers, plants, gifts, food, and kind words said following Loarine’s passing. Thank you to Pastor Theresa for your visits, comforting words, and for the beautiful church service. Thank you to Dr. Kirton and the caring staff of Oakview Terrace while Loarine was a resident there. Thank you to the staff of Kostel Funeral Home for your services. All your acts of kindness are so very appreciated!

Daryl & Janet Heckenlaible
Galen Heckenlaible
Kent, Lorie, and sons
Todd, Lori, and sons
Scott, Amy and family
Greg, Jennifer and family

OUR CLASSIFIEDS WORK FOR YOU!

CALL THE P&D AT (605) 665-7811

Thank You

Perhaps you sent a lovely card, or sat quietly in a chair. Perhaps you sent those beautiful flowers that we saw sitting there. Perhaps you spoke the kindest words as any friend could say. Perhaps you weren’t there at all, just thought of us that day. Whatever you did to console our hearts, we thank you so much for whatever part.

The Family of Linda Zimmerman