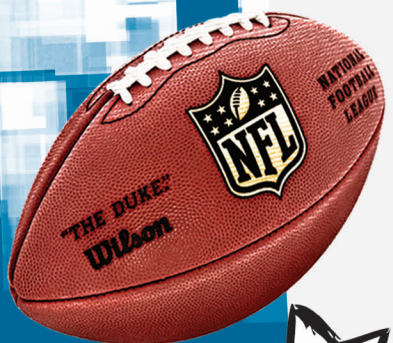
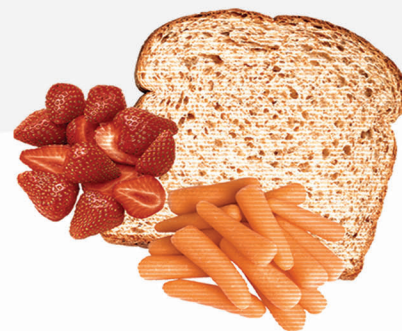




Happy Healthy Holidays!



Try recipes with whole grain flour for your holiday baking this season.



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Happy Healthy Holidays!



Heat flavored milk for a healthy treat when it's cold outside.



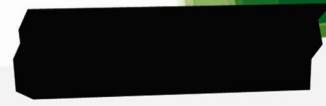
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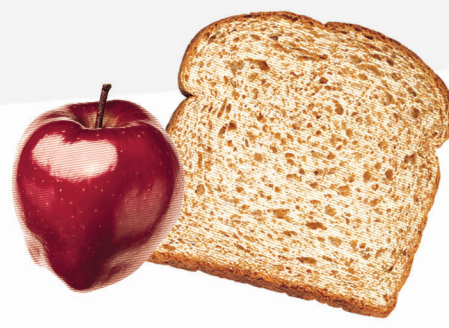
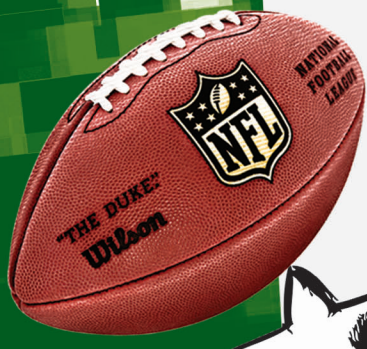
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Happy Healthy Holidays!

Add some fresh fruit and low-fat yogurt to a blender and whip up a healthy holiday treat.



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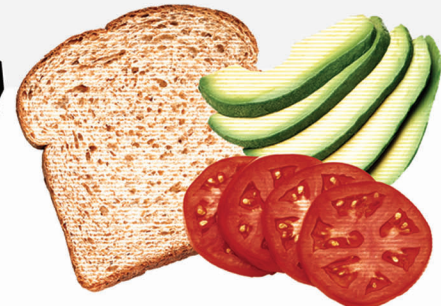
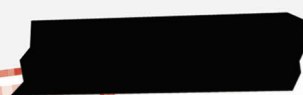
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Happy Healthy Holidays!

Serve raw veggies with a dip made from low-fat yogurt and watch them disappear.



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