

# seasonal recipes collection

Enjoy the warmer months with these simple recipes made with siggi's. They are perfect for balmy afternoons and weekends with friends, and will help you keep cool in the heat. For more recipes, check out our [website](#).

## cool off | blackberry matcha ice pops | serves 10

### ingredients

- 2 cups blackberries
- 2 Tbsp water  $\frac{3}{4}$  cup coconut milk
- $\frac{1}{4}$  Tbsp matcha powder
- 2 8oz siggi's vanilla whole-milk drinkable yogurts
- $\frac{1}{4}$  cup heavy cream

### nutrition facts (per serving)

Calories 70, Protein 3g, Total Fat 4g, Saturated Fat 2.5g, Cholesterol 10mg, Sodium 0mg, Total Carbohydrates 7g, Sugars 5g

### preparation

In a small saucepan, heat blackberries and water over medium-low heat until berries release their juices. Mash berries and continue cooking 2-3 minutes. Set aside to cool.

In a separate bowl, whisk matcha and drinkable yogurt together. Stir in cream.

Spoon berry mixture into the pop mold, filling the mold about  $\frac{1}{3}$  of the way. Pour matcha mixture into mold until full. Add popsicle sticks and freeze at least 6 hours or overnight.



## hydrate | mixed berry smoothie | serves 1

### ingredients

- 1 cup (5.3oz) siggi's Açai & Mixed Berries yogurt (can also use Plain)
- 1 cup frozen berries (strawberries, raspberries, blueberries, etc.)
- $\frac{1}{2}$  cup coconut water
- 1 Tbsp honey

### nutrition facts (per serving)

Calories 280, Protein 17g, Total Fat 0.5g, Saturated Fat 0g, Cholesterol 0mg, Sodium 80mg, Total Carbohydrates 54g, Sugars 43g, Fiber 5g

### preparation

Combine all ingredients, blend until smooth.

Note: If using fresh berries, add  $\frac{1}{2}$  cup of ice.



## cater to a crew | kale & artichoke bites | serves 30

### ingredients

- 1 can (15oz) artichokes, drained and chopped
- 1 cup siggi's Plain 0% Skyr
- $\frac{1}{2}$  red bell pepper, diced
- 2 cups kale, finely shredded
- $\frac{1}{3}$  cup green onions, chopped
- 3 Tbsp olive oil
- $2\frac{1}{2}$  cups mozzarella, shredded
- $\frac{1}{2}$  cup parmesan cheese, shredded
- $\frac{1}{4}$  tsp smoked paprika
- 2 cloves garlic, finely minced
- 30 mini premade fillo shells

### nutrition facts (per serving)

Calories 145, Protein 7g, Total Fat 8g, Saturated Fat 2.5g, Cholesterol 10mg, Sodium 240mg, Total Carbohydrates 11g, Sugars 1g

### preparation

Preheat the oven to 350° F.

Combine all the ingredients in a large bowl. Season with salt and pepper and then transfer into a heatproof casserole baking dish. Bake for about 20 minutes or until bubbly and the top is golden brown.

Allow to cool for about 15 minutes.

Portion about 1 generous ounce of the mixture into each fillo shell and serve as a delicious appetizer or snack.

