

# Nutrition E-Bites

·HELLO·  
*May*

The word "May" is written in a large, black, cursive font with a white speckled texture. To the right of the word, there is a pink flower with a yellow center and green leaves. Above the word, the word "HELLO" is written in a simple, black, sans-serif font, flanked by two small black dots.

## Fresh Spring Recipes Just In Time for The May Long Weekend!

Pantry friendly recipes, including a  
never before featured ingredient!

Remember to click on the image for the recipe

Wishing you and yours a safe, relaxing  
and enjoyable holiday long weekend.

Filomena & Gabriella



**Terrific Tuna and  
Tomato Salad  
by Cookspiration**



**Black Bean Sheet Pan  
Quesadillas  
by Cookspiration**



**Crowd Pleasing  
Chickpea and Carrot  
Salad  
by Cookspiration**



**Fiddleheads-a Spring  
Delicacy  
by Horrah for  
Health**



**Gourmet Marinated  
Fiddleheads  
by Leslie Beck**

**Click [here](#) to read  
about fiddleheads and  
other Spring items to  
add to your dish!**



**Muesli Lentil  
Breakfast Strata  
by Cookspiration**



**Quinoa with Fresh Peas  
by Super Healthy Kids**



**Lentil & BBQ Corn Salad with Cilantro Lime Dressing  
by Cookspiration**



**Watermelon Blueberry Yogurt Pops  
by Cookspiration**



**Chocolate Mocha Silk Torte  
by Cookspiration**

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