Special prices for fruits, vegetables, low-fat dairy, and whole grain items to keep your family healthy.

Visit Super 1 Foods to see what healthy foods are discounted today!
305 West Kathleen, Coeur d’Alene, ID 83815

- Receive a $1.00 reward when you purchase any of the healthy food items on special.
- Receive a $5.00 reward when you purchase ALL 4 items.

Rewards can be used towards a future purchase of Change for Change items at Super 1 Foods. Rewards are valid 14 days after purchase. Total store purchase must be at least $25.00 to participate.
Berries with Orange Cream

INGREDIENTS:
1 pint blueberries
1 pint blackberries
1 pint raspberries
1 Cup non-fat plain Greek yogurt
4 packets Stevia
1/8 teaspoon finely-grated orange rind
1/2 teaspoon vanilla extract
1/8 teaspoon almond extract

Makes 4 servings.
Directions:
1. Wash berries and pat dry.
2. Sprinkle 2 packets Stevia over berries and set aside.
3. In a small bowl, combine the yogurt, sour cream, 2 packets Stevia, orange rind, vanilla, and almond extracts.
4. Spoon berries into 4 goblets or dessert bowls.
5. Top with yogurt mixture. Enjoy!