No time to relax and recharge? Be good to yourself. Learn which foods are considered to be natural mood boosters and try these Turkey Hill All Natural Ice Cream recipes and flavors—the grown up indulgence from pure ingredients like milk, extra cream, sugar, and delicious natural flavors.
Foods to Boost Your Mood Naturally*

There are some healthy foods to consider adding to your diet that may help reduce stress, ease anxiety, and boost your mood. Next time you’re feeling down, sluggish or need some help putting the spring into your step, indulge yourself with one of these three natural mood boosters. To see all seven click here.

Chocolate

This may not be news to you, but it is good to know that there’s some science behind the theory that chocolate makes us happy. Experts believe it could be thanks to the antioxidants in chocolate.

Carbs

Despite persistent myths to the contrary, carbs don’t make you fat and they can boost your mood. In a new study in the Archives of Internal Medicine, people who followed a very-low-carbohydrate diet experienced more depression, anxiety and anger than those assigned to a low-fat, high-carb diet that focused on low-fat dairy, whole grains, fruit and beans.

Fruits & Vegetables

Previous studies have shown that the antioxidants in fruits and vegetables and the omega-3 fatty acids in fish are associated with a lower risk of depression. It’s possible that the protectiveness of the whole-food diet comes from a cumulative effect of these nutrients.

Berry Smoothie

**Ingredients**

- 2-8 oz. containers mixed berry yogurt
- 3 cups milk
- 2 cups strawberries, sliced
- 24 oz. Turkey Hill All Natural Vanilla Bean Ice Cream
- 1½ cups raspberry seltzer, chilled
- ½ cups blueberries

**Directions**

Whether you sip on this for breakfast or as an afternoon snack, this delicious drink is jam-packed with fruit and made with Turkey Hill All Natural Vanilla Bean Ice Cream. Mix yogurt, milk and strawberries in blender until smooth. Pour into four 8 oz. glasses. Scoop ice cream into glasses and top off with seltzer. Add blueberries. Serves 4.

*Source: 7 Foods to Boost Your Mood Naturally*
Good News About Coffee

Coffee lovers may be raising their cups—and perhaps eyebrows—at the recent news (in the Journal of Agricultural and Food Chemistry) that the drink contains soluble fiber, the type that can help lower cholesterol. With about 1 gram per cup, coffee’s fiber impact is modest. But the report is the latest in a growing stream of positive news about coffee. To read the full article visit click here.

Turkey Hill All Natural Coffee Ice Cream
Ingredients: Cream, milk, sugar, coffee, vanilla

Choco-Mocha Cookie Sandwich

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups all-purpose flour</td>
<td>1 medium egg</td>
</tr>
<tr>
<td>1/4 tsp baking soda</td>
<td>1 tsp vanilla extract</td>
</tr>
<tr>
<td>3/4 cups unsalted butter, room temp</td>
<td>1 1/2 cups semi-sweet chocolate chips</td>
</tr>
<tr>
<td>1/2 cup light brown sugar</td>
<td>1 1/2 cups chopped nuts (walnuts or pecans)</td>
</tr>
<tr>
<td>3/4 cup sugar</td>
<td>Turkey Hill All Natural Coffee Ice Cream</td>
</tr>
<tr>
<td>3 tsp cooled coffee or espresso</td>
<td></td>
</tr>
</tbody>
</table>

Directions

Preheat oven to 325°. Combine flour and baking soda. Set aside. Cream together butter, brown sugar, sugar, egg, vanilla extract and coffee until fluffy. Stir in flour mixture until well combined. Add chopped nuts and chocolate chips and mix well. Refrigerate batter for 20 to 30 minutes. Scoop batter to make 2” balls. Place well apart on cookie sheet. Bake approximately 12 minutes or until golden brown. Cool on wire rack. Scoop ice cream between 2 cookies. Makes approximately 10 sandwiches.
Check out the new limited batch flavors available this year

Turkey Hill Dairy’s All Natural Ice Cream flavors are currently available at select grocers and convenience stores where Turkey Hill products are sold. For more information on Turkey Hill Dairy’s All Natural Ice Cream, visit turkeyhill.com

Raspberry
Available June – August 2013

Butter Almond & Chocolate
Available September – December 2013

Grab a coupon while you can

Turkey Hill loves to share with their friends and fans. Coupons are available for a short time only, and only while supplies last.

Remember to check out Turkey Hill’s Coupon Page. And don’t forget to like Turkey Hill on Facebook for exclusive offers.

Sign up for e-mail news

Want to be the first to know when Turkey Hill will be releasing new flavors? Then subscribe to Turkey Hill E-mail Updates. From time to time (at least once a month) you’ll receive an email telling you about special promotions, news and other things going on with Turkey Hill and their web site; click here to sign up.