

Family Dairy Fun at Home!

Three servings of dairy each day helps your children get the vitamins and minerals they need for their growing bodies!

Kids are more likely to try recipes if they create them, so make sure to involve your kiddos in the process. Try these simple and fun recipes together as a family!

RECIPES



CHEESE, VEGGIE & FRUIT KABOBS

- Cheddar or Monterey Jack cheese cubes
- Assorted fruits
- Assorted veggies

1. Use small cookie cutters to cut cheese and fruit slices into shapes.
2. When building, start with the cheese, follow with a fruit, & alternate until the skewer is full.



MINI FRUIT TACOS

- Mini tortilla shells
- Vanilla Greek yogurt
- Cream cheese
- Strawberries, kiwi, pineapple, blueberries

Optional: almonds, toasted coconut, chocolate chips, granola

1. Combine yogurt and cream cheese until smooth.
2. Spoon yogurt and cream cheese mixture on tortilla shells.
3. Add fruit and optional ingredients.



CREATE YOUR OWN PIZZA

- Choose your dough:
- Small whole grain pita
 - English muffin

Choose your toppings: GET CREATIVE!

- Sauce
- Cheddar cheese
- Mozzarella cheese
- Tomatoes
- Broccoli
- Bell peppers
- Pineapple

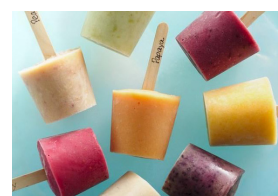
1. Cut up fruit and veggies and place in separate bowls.
2. Select dough, and spread out sauce to cover.
3. Top with your favorite toppings and lots of cheese.
4. Place in toaster oven or traditional oven at 375°F for 10 minutes or until cheese melts.



FROZEN YOGURT FRUIT

- Vanilla Greek yogurt
- Favorite mixture of berries

1. Set up a cookie sheet with wax paper on top.
2. Use a toothpick to dip your berries into the yogurt and use another toothpick to help slide the berries.
3. Freeze the berries until the yogurt hardens.



YOGURT POPSICLES

- Vanilla Greek yogurt
- Favorite fruit
- Small paper cups and wooden sticks

1. Mash or blend fruit, and fold into yogurt.
2. Pour into paper cups, cover with foil and place wooden sticks through foil into center of each cup.
3. Freeze until firm.

Content courtesy of the Dairy Council of Florida.



Parfait Your Way

YOGURT PARFAITS ARE EASY AS 1 - 2 - 3 !

Host a yogurt parfait bar for breakfast or brunch. Choose a variety of yogurt, fruit, grains and fun toppings. Make sure to use a cup that is tall enough to alternate parfait layers. Let kids help choose the layers and add layers.



YOGURT

- PICK YOUR FAVORITE FLAVOR
- TRY GREEK YOGURT FOR MORE PROTEIN



FRUIT

- PICK YOUR FAVORITE FRUIT COMBO:
 - MANGO
 - STRAWBERRY
 - BLUEBERRY
 - RASPBERRY
 - PEACH
 - PINEAPPLE



GRAINS

- LOW FAT GRANOLA
- WHOLE GRAIN CEREAL



EXTRAS

- CHIA SEEDS
- CRUSHED GRAHAM CRACKERS
- HONEY
- CINNAMON

MIX IT UP

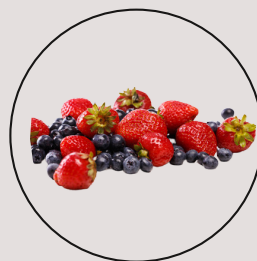
Smoothies are a refreshing healthy treat that can be created with endless combinations. Let kids help measure ingredients to build their smoothie. Create different combinations together as a family!



WHAT MAKES IT GREAT



MILK & YOGURT



BLENDED FRUIT



+ FUN ADDITIONS

TROPICAL TREAT SMOOTHIE

- 1/2 C YOGURT
- 1/2 C MILK
- 1/3 C MANGO
- 1/3 C PAPAYA
- 1/3 C PINEAPPLE

BRIGHT AS THE SUN SMOOTHIE

- 1/2 C YOGURT
- 1/2 C MILK
- 1-2 T HONEY
- 1/2 C ORANGES
- 1 MEDIUM BANANA

BERRY DELICIOUS SMOOTHIE

- 1/2 C YOGURT
- 1/2 C MILK
- 1/3 C STRAWBERRY
- 1/3 C BLUEBERRY
- 1/3 C BLACKBERRY

OATASTIC SMOOTHIE

- 1/2 C YOGURT
- 1/2 C MILK
- 1/4 C OATMEAL
- 1/3 C RASPBERRY
- 1 SMALL BANANA

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