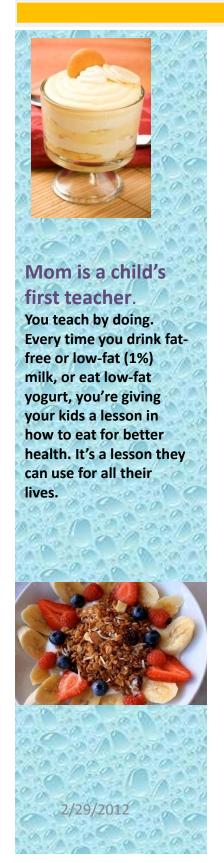


Recipes Milk, Yogurt & Cheese Recipes



Basic Custard Makes 4, 1/2 cup servings

Ingredients:

- 1 egg
- 2 Tablespoons sugar
- 1 cup skim milk or low-fat (1% fat) milk
- 1/4 to 1/2 teaspoon vanilla, nutmeg or other spices (optional)

Instructions:

- 1. Beat egg and sugar together in a saucepan.
- 2.
- 3. Place saucepan with egg/milk mixture in another pan containing 2-4 inches boiling water.
- 4. Stir custard constantly while cooking on stove in boiling water.
- 5. Cook until foam disappears and custard thicken and coats the spoon. Remove from heat.
- Add flavoring and stir. Cool in the refrigerator for 1 -2 hours and 6. enjoy!

Be Creative: Use this basic custard to create a banana pudding by placing a vanilla wafer in bottom of 4 individual dishes, then add thin slices of ripe banana or other fruit on the wafer, add a layer of custard followed by low-fat vanilla yogurt (optional) then more cookies, fruit, custard and yogurt. Decorate the top with a little fruit and wafer, then cool in the refrigerator for 1 -2 hours. Custard will be soft.

Banana Split Makes 2 serving

Ingredients:

1 small banana, peeled

1 cup low-fat vanilla yogurt

¼ cup crushed whole grain dry cereal or low-fat granola

14 cup fresh berries (blueberries, strawberries, raspberries, or others)

Preparation:

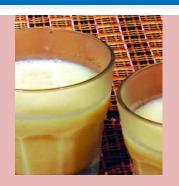
- 1. Cut the banana in half lengthwise (from tip to tip) or for small kids cut into thin slices.
- 2. Spoon yogurt into a two small cereal bowls.
- 3. Place the banana halves on the sides of the yogurt of arrange the slices around it.
- 4. Top the yogurt with half of whole grain cereal or low-fat granola.
- 5. Add blueberries/strawberries or other fruits. Serve.

Hint: Have kids help prepare it for breakfast or as a snack.

1



Pes Milk, Yogurt, & Cheese Recipes



Milk Matters.

Children of every age, and adults too, need the calcium, protein and vitamin D found in milk for strong bones, teeth and muscles.

Serve fat-free or lowfat (1%) milk or yogurt at meals and snacks.





2/29/2012

Orange Banana Frosty

Makes 2 (½ cup) servings

Ingredients:

1 small frozen banana, cut into chunks

½ cup plain low-fat yogurt

½ cup orange juice

Instructions:

- 1. Put all ingredients in a blender and mix well.
- 2. Add more liquid if you want the drink thinner.
- 3. Chill and enjoy!

Burritos El Grande Makes 6 servings

Ingredients

½ lb. extra-lean ground beef

1 can (15.5 oz.) kidney beans, rinsed

34 cup Thick 'N Chunky Salsa

½ cup Mexican Style 2% Milk Finely Shredded Four Cheese

6 whole wheat tortillas (10 inch), warmed

½ cup Fat-free yogurt or sour cream

1-1/2 cups tightly packed shredded romaine lettuce

3 tomatoes, chopped

Directions:

- BROWN meat in large skillet. Stir in beans and salsa; cook 3 min. or until heated through, stirring occasionally. Remove from heat; stir in cheese.
- 2. SPOON meat mixture down centers of tortillas; top with remaining ingredients. Fold in opposite sides of each tortilla, then roll up burrito-style

Peach Cooler Makes 2 servings (1 cup servings)

Ingredients:

2 cups low-fat milk

1 cup drained canned peaches (or 1 cup of sliced fresh peaches) 1/2 teaspoon lemon juice

dash of nutmeg (if desired)

Instructions:

- 1. Put the ingredients in a blender. Blend well.
- 2. Sprinkle with nutmeg if you like.
- 3. Serve cold.

2

Recipes

Milk, Yogurt, Cheese Recipes



Strong bodies need strong bones.

Give your preschooler fatfree or low-fat (1%) milk or yogurt at meals and snacks. They're packed with vitamins, minerals, and protein for strong, healthy bones.



Raspberry Lemonade Ice Pops Makes 6 pops

Ingredients

1 container (6 oz) fat-free raspberry lemonade yogurt

1/2 cup frozen raspberries

6 paper cups (5-oz size)

12 oz (2 containers 6 oz each) fat-free very vanilla yogurt

6 flat wooden sticks with round ends

Directions

- 1. In blender, place raspberry lemonade yogurt and frozen raspberries. Cover; blend on medium speed until smooth.
- 2. Divide raspberry mixture evenly among paper cups. Top with vanilla yogurt.
- 3. Place cups in freezer about 20 minutes or until partially frozen.
- 4. Insert 1 stick in each cup. Freeze 1 1/2 to 2 hours longer or until completely frozen.
- 5. To eat, peel off paper cups.

Orange Cow Makes 3 servings (8 ounces each)

Ingredients:

frozen orange juice 1 (6 oz.) can

- 1 cup low-fat (1%) milk
- 1 cup cold water
- 1 teaspoon vanilla
- 1 cup ice (more)

Instructions:

- 1. Place all ingredients in blender or food processor.
- 2. Secure lid and blend until smooth. Serve immediately.



Milk, Yogurt, & Cheese Recipes



Moms want to know: How much milk does my family need each day?

A: The amount of milk we need each day depends on age. Younger kids need 2 cups, while older kids and adults need 3 cups. Here are daily recommendations by age:

Age	Daily Amount
Kids ages 2-3	2 cups
Kids ages 4-8	2 ½ cups
Kids ages 9-	3 cups
18	
Adults	3 cups



Banana Berry Breakfast Crumble Makes 4

Servings

Ingredients

- 1 instant oatmeal packet, any flavor, sweetened
- 2 tablespoons ground flaxseed
- 1 banana, chopped
- 2 cups frozen mixed berries (such as blueberries, blackberries, strawberries and/or raspberries), unthawed, no syrup or sugar added
- 4 teaspoons butter, diced
- 2 cups Greek yogurt, strawberry flavor

Directions

- 1. Preheat the oven to 400 degrees F. Spray 4 individual oven safe bowls with oil, or for one large crisp, spray the bottom and sides of an 8-inch or 9-inch square baking dish.
- 2. Empty the oatmeal packet into a mixing bowl and mix in the flaxseed. Place about one-half cup of berries in each individual bowl, or place all the berries in one baking dish. Add banana slices.
- 3. Sprinkle oat mixture evenly on top of banana and berries (about 2 tablespoons per bowl), then dot the tops evenly with butter and lightly spray top with cooking spray oil. Bake for 15 to 20 minutes until topping is golden brown.
- 4. Serve warm, topped with Greek yogurt.

Honey-Mustard Dipping Sauce

(1 serving is 2 tablespoons of dip)

Ingredients

1/4 cup fat-free plain yogurt

1/4 cup low-fat sour cream

2 teaspoons honey

2 teaspoons spicy brown mustard

Directions

Mix all ingredients together. Store in a covered container in the refrigerator.

Makes 4 servings.

2/29/2012

Milk, Yogurt, & Cheese



Creamy Sweet Potato Soup

Makes 6 servings (8 oz. each)

Ingredients

1 Tbsp. canola oil

½ large sweet onion, sliced

1 tsp. ground cumin

2 small sweet potatoes, peeled and cubed

1 at. chicken broth

1 cup Plain Yogurt

1 Tbsp. chopped parsley or cilantro

2 tablespoons cup toasted pumpkin seeds

Directions

- 1. In a soup pot heat oil. Add onions and cumin and sauté 3-4 minutes. Add potatoes and chicken broth and bring to a boil. Reduce heat and simmer soup 20-25 minutes.
- 2. Puree soup with 6 ounces plain yogurt and parsley or cilantro. Serve each portion of soup with a dollop of remaining yogurt and a sprinkle of pumpkin seeds.

There's no power like Mom power. You are a positive influence in your children's lives. Help them develop healthy eating habits for life. Offer them fat-free or low-fat (1%) milk and yogurt at meals and

Cucumber-Yogurt-Mint Soup

Makes 4 (1/2 cup) servings.

Ingredients:

large cucumber

¼ teaspoon salt

18 ounce carton fat-free or

1-2 tablespoons low-fat milk

low-fat lime yogurt

(optional)

1 tablespoon lime juice

1/3 cup chopped fresh mint

½ teaspoon ground cumin

Fresh mint sprigs

Pepper (optional)



- 1. Peel the cucumber, then cut in half lengthwise. Scoop out seeds and discard. Cut cucumber into 1/2-inch-thick slices.
- 2. In a blender or food processor combine cucumber, yogurt, lime juice, cumin, and salt.
- 3. Cover and blend or process until smooth.
- 4. Blend in milk, if desired. Stir in snipped mint. Cover and chill 2 to 24 hours.
- 5. Stir before serving. Garnish with fresh mint sprigs.



Recipes Milk, Yogurt, & Cheese Recipes



They're still growing. Help your kids grow strong. Serve fat-free or low-fat (1%) milk at meals.

2/29/2012

Buffalo Yogurt Dip

Makes 1 1/2 cups (12 servings) Serving Size: 2 Tbsp

Ingredients

- •1 cup plain Greek yogurt
- •1/4 cup crumbled blue cheese
- •2 Tbsp. chopped parsley
- •1/2 tsp. hot sauce
- Vegetables, chicken fingers or pop corn shrimp

Directions

Prep Time: 10 minutes

- 1. In a bowl combine yogurt, blue cheese, parsley, and hot sauce, mix well.
- 2. Serve dip with vegetables, chips or chicken fingers.

Curry Dip Makes 16 one ounce servings.

Ingredients

1 cup fat-free sour cream

1 cup fat-free plain yogurt

1 tablespoon curry powder

Directions

- 1. Mix all ingredients together.
- 2. Store in a covered container in the refrigerator for at least 3 hours before serving.

Fruit and Yogurt Parfait makes 3 serving of about 1 cup each.

Ingredients

½ banana, sliced into small cubes (about 1/3 cup)

½ kiwi , sliced (about 1/3 cup)

1 tsp. Cinnamon

34 cup or 6 ounces of vanilla low-fat yogurt

½ cup low fat granola

½ cup of raspberries

1 orange, peeled and cut into segments (about 8-10 segments)

Directions

In a bowl, toss banana, kiwi fruit, and cinnamon.

Put a layer low-fat yogurt in 3 glass or bowls.

Add a layer of the fruit mixture and sprinkle with granola.

Add an orange segment. Repeat layers until done.

Top with remaining granola and remaining fruit.

