



# CELEBRATE WITH DAIRY

## AT HOME

### GET MOOVING IN THE RIGHT DIRECTION!

When kids get home from school, get them off the screen and into the kitchen to help prepare some fun and tasty recipes, all made with five or fewer ingredients – which you likely have in your fridge and pantry right now. Including three servings of dairy each day helps kids get the vitamins and minerals they need for their growing bodies.



#### Double Blueberry Greek Yogurt Waffles

Simply add blueberry Greek yogurt to your favorite waffle mix, along with an egg and fresh blueberries, if you have them, to make moist, protein-packed breakfast that's freezer-friendly.

Substitute another flavor of yogurt and fruit if you want to switch it up throughout the week, too!

## 5 Recipes That Are 5 Ingredients or Less to Make with Kids



#### Easy Cheese Quesadillas

Kids will love making personal quesadillas using tortillas and whatever cheese you have in the fridge, plus mixing in any available veggies, protein and spices.

Enjoy with a dollop of salsa, sour cream or Greek yogurt!



#### Peanut Butter Yogurt Fruit Pizzas

Spread a Greek yogurt-peanut butter sauce on rice cakes, then top with fresh fruit, granola, chocolate chips, honey or nuts!



#### Monster Cookie Dough Dip

Make this simple high-protein snack right in the Greek yogurt container! All you need is peanut butter, granola and some chocolate candies.

Mix it all up and enjoy with apple slices or pretzels.



#### Milk & Cereal Breakfast Popsicles

Combine mashed banana with strawberry milk and Greek yogurt, then sprinkle in cereal and freeze to make these easy pops. Try a chocolate or white milk version, too.

To discover more dairy recipes, visit [FloridaMilk.com](http://FloridaMilk.com)

Recipes adapted from ADA Mideast

# PARFAIT YOUR WAY

## YOGURT PARFAITS ARE EASY AS 1-2-3!

Create your very own yogurt parfait bar at home. Each parfait adds more fun and personality to snack time! Choose from a variety of yogurt, fruit, grains and fun toppings. Provide your kids with a cup and encourage them to alternate their layers to bring their own recipe to life!



### YOGURT

- PICK YOUR FAVORITE FLAVOR
- TRY GREEK YOGURT FOR DOUBLE THE PROTEIN



### FRUIT

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



### GRAINS

- LOW FAT GRANOLA
- WHOLE GRAIN CEREAL



### EXTRAS

- SHREDDED COCONUT
- CRUSHED GRAHAM CRACKERS
- HONEY
- CINNAMON

## MIX IT UP

Smoothies are a refreshing healthy treat that can be created with endless combinations. Encourage your kids to start their day with a themed smoothie drink. Make sure to let them help measure ingredients to build their smoothie, and keep their recipes as part of your at-home collection!

### WHAT MAKES IT GREAT



milk and yogurt



blend fresh fruit



add fun additions

### RAINBOW UNICORN SMOOTHIE

- 1 1/2 C lowfat or fat free milk
- 1/2 C lowfat vanilla yogurt
- 2 C frozen strawberries (about 10 large)
- 1 C frozen blueberries
- 1 C frozen mango chunks

Optional Toppings:

- 6 T whipped cream
- 4 tsp Unicorn Sprinkles
- Decorative Unicorn horn candles, wick trimmed

Add milk, yogurt and fruit to blender; blend until smooth, adding additional milk to thin if needed. Divide smoothie into 2 glasses and top each with 3 T whipped cream, 2 tsp sprinkles and Unicorn horn candle. *Drink in the morning and have a magical rest of your day!*

