

# DAIRY-LICIOUS DELIGHTS

## SNACKS FOR HEALTHY AND ENERGETIC LIVING

Dairy foods pack loads of nutrients and flavor into every serving! Grow strong bones, muscles and teeth while enjoying these tasty treats!

### THE PERFECT PARFAIT!

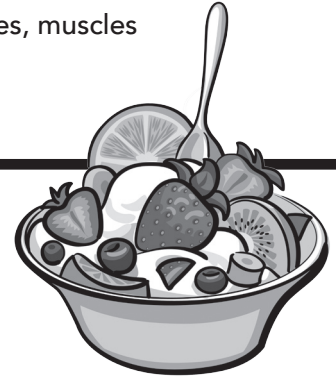
This snack is protein-rich and has a calcium kick!

In a tall, clear, glass layer

Yogurt

Bananas, berries, or another favorite fruit

And top with Granola!



### KICKIN' QUESADILLAS

You'll need:

a skillet

1/2 tsp. olive oil

2 large, whole wheat tortillas

your favorite cheese – shredded is best

sour cream

salsa

Heat your skillet to medium heat. Spread the oil around the bottom of the pan. Place your tortilla in the pan and let it heat for about 10 seconds, or until it warms and air pockets form. Flip it over. Add a layer of your cheese and let it melt. Use a spatula to fold your quesadilla in half. Be sure all your cheese is melted, remove from pan, and cut into wedges. Top with sour cream and salsa.

Healthy idea - add cooked chicken and fajita vegetables to your quesadilla. Filling and fabulous!

### THE SUPER SMOOTHIE

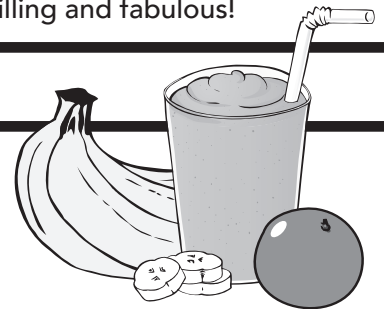
Of course, you can make up your own variations using other fruits and juices, but this is our favorite Super Smoothie combo.

1 small banana, cut into chunks

1/2 cup plain low-fat yogurt

1/4 cup orange juice

a handful of ice cubes



Add all ingredients into the blender and whirl until smooth. Add more milk for extra smoothie sweetness!

### CREAMY FRUIT POPS

Pour 1 cup of milk into a bowl, and stir in pudding mix. Beat with an electric mixer about 2 minutes until

You'll need:

1 and 1/2 cups cold milk

Instant vanilla pudding mix

1 cup of berries

2 cups of softened, fruit sherbet

2 cups frozen whipped topping, thawed

thickened. Place the remaining milk and berries into a blender and puree until smooth. Pour the raspberry puree into the pudding and add the whipped topping. Stir together and add the softened sherbet. Then divide the mixture evenly among many small, plastic cups. Place a wooden craft stick into each, freeze, and enjoy!

**Get Mooooo-ving With Milk!** Adding calcium-rich snacks to 60 minutes of daily physical activity is a great way to ensure good health! So get some dairy fuel in your belly – and PLAY!

Check in with SunnyBell for ideas on what to do with your energy from milk! You can find her at [floridamilk.com/sunnybell](http://floridamilk.com/sunnybell).

**This is part of the Dairy 101 Kit. Visit [floridamilk.com](http://floridamilk.com) for more information.**