

CELEBRATE WITH DAIRY

GET MOOVING IN THE RIGHT DIRECTION!

Don't forget the dairy in your next classroom or school celebration. Make kid friendly snacks and involve students in the process. They are more likely to try it if they created it. Including three servings of dairy each day helps kids get the vitamins and minerals they need for their growing bodies.



RECIPES



CHEESE, VEGGIE & FRUIT KABOBS

Cheddar OR Monterey Jack cheese slices
Assorted fruit and veggies

Use small cookie cutters to cut cheese and fruit slices into shapes. Build each kabob starting with cheese and then alternate fruits.



MAKE YOUR OWN PIZZA

1 T yeast
1 C warm water
1-2 T olive oil
1 tsp salt
2 ½ C flour
1 tsp honey
Cornmeal (optional)
Pizza sauce, cheese & toppings of choice

Mix 1 cup of warm water with yeast. Add the next 4 ingredients and mix on medium speed until the dough clears the side of the bowl. Let the dough rest in the bowl for 15-20 minutes. Sprinkle cornmeal on a large baking sheet or pizza stone. With oiled hands remove the dough from bowl and shape in rectangle or circle and lay on top of cornmeal. Using a rolling pin or your hands, flatten and stretch dough to fill the pan. Bake for 10 min at 425°F. Remove and top with sauce, cheese and additional toppings. Bake for 10-15 more minutes or until cheese is melted and toppings are browned.

For more recipes, visit
FloridaMilk.com



FROZEN YOGURT FRUIT

Vanilla flavored Greek yogurt
Favorite mixture of berries

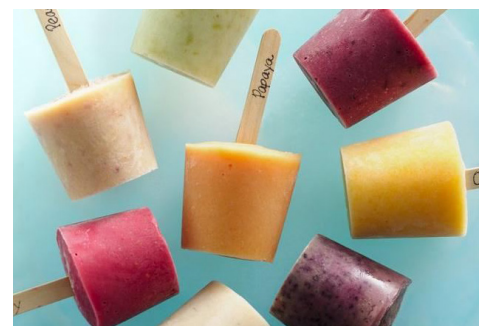
Use a toothpick to dip your berries into the yogurt and another toothpick to help slide the berries onto a cookie sheet with wax paper. Freeze the berries until the yogurt hardens.



GREEK YOGURT BARK

Vanilla Greek yogurt 1 T honey
1 C strawberries, sliced ½ C granola

Mix the yogurt and honey. Spread evenly over a 9x11 pan lined with foil. Sprinkle the granola and strawberries on top of the yogurt. Lightly press toppings into the yogurt. Freeze until frozen and break into pieces.



YOGURT POPSICLES

12 oz Vanilla Greek yogurt
2 C favorite fruit
Small paper cups and wooden sticks

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

PARFAIT YOUR WAY

YOGURT PARFAITS ARE EASY AS 1-2-3!

Host a yogurt parfait bar for your next classroom or school celebration. They can add fun and personality for each one that is made. Choose a variety of yogurt, fruit, grains and fun toppings. Check with your school cafeteria to help purchase ingredients in bulk and pre prepped items. Provide each student a cup and encourage them to alternate their layers.



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

MIX IT UP

Smoothies are a refreshing healthy treat that can be created with endless combinations. Encourage classroom celebrations with a smoothie themed drink. Purchase ingredients available through your school cafeteria or in bulk to save on cost. Let students help to measure ingredients to build their smoothie. Send the recipe home for families to add to their recipe box.

WHAT MAKES IT GREAT



milk or yogurt



blend fresh fruit



add fun additions

TROPICAL TREAT SMOOTHIE

YOGURT
MILK
MANGO
PAPAYA
PINEAPPLE

BRIGHT AS THE SUN SMOOTHIE

YOGURT
MILK
HONEY
ORANGE
BANANA

BERRY DELICIOUS SMOOTHIE

YOGURT
MILK
STRAWBERRY
BLUEBERRY
BLACKBERRY

OATASTIC SMOOTHIE

YOGURT
MILK
OATMEAL
RASPBERRY
BANANA

