



### Mom is a child's first teacher.

You teach by doing. Every time you drink fat-free or low-fat (1%) milk, or eat low-fat yogurt, you're giving your kids a lesson in how to eat for better health. It's a lesson they can use for all their lives.



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### 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. Add milk.
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.
6. Add flavoring and stir. Cool in the refrigerator for 1 -2 hours and 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
- ¼ 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 or 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.



### 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 low-fat (1%) milk or yogurt at meals and snacks.



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### 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
- ¾ 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:

1. 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.



### 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.

**Strong bodies need strong bones.**

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

### 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.



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### 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 9-18	3 cups
Adults	3 cups



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### 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.





### 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 qt. chicken broth
- 1 cup Plain Yogurt
- 1 Tbsp. chopped parsley or cilantro
- 2 tablespoons ¼ 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 snacks.

### Cucumber-Yogurt-Mint Soup

Makes 4 (1/2 cup) servings.

#### Ingredients:

- |  |   |
|--|---|
| large cucumber                                   | ¼ teaspoon salt                         |
| 1 8 ounce carton fat-free or low-fat lime yogurt | 1-2 tablespoons low-fat milk (optional) |
| 1 tablespoon lime juice                          | 1/3 cup chopped fresh mint              |
| ½ teaspoon ground cumin                          | Fresh mint sprigs                       |
|  | Pepper (optional)                       |

#### Directions:

1. Peel the cucumber, then cut in half lengthwise. Scoop out seeds and discard. Cut cucumber into ½-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.



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# Recipes Milk, Yogurt, & Cheese Recipes



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

## 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
- ¾ 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.



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