

Super Dairy Snacking

Fun, kid-inspired recipes for your entire family to enjoy!



Happy Cheese Mouse

Ingredients:

Cheese wedge
Whole wheat cracker
Baby carrot
Olive
Chive

Directions:

Place a wedge of cheese onto a whole wheat cracker. Assemble ears with slices of baby carrots, and use olive pieces to make a nose and eyes. Finish it up with a chive for the tail!



Cheesy Witch Brooms

Ingredients:

1 slice soft cheese (Muenster or Mozzarella)
2 braided pretzels
2 chives

Directions:

Cut the cheese in half, then cut "bristles" by slicing 2/3 the way up the slice width wise. Carefully wrap the solid section of cheese around the pretzel and secure by tying a chive around it.

Crunchy Cheese Critters

Ingredients:

Pretzel sticks
Cheese sticks

Directions:

Stick pretzels into cheese to create crafty, edible critters! You can break the pretzels into different lengths to make legs, tails, antennae, and tongues.





Creamy Yogurt Dip with Fruit Kabobs

Ingredients:

Assorted fruit (melon, pineapple, etc)
1 cup non-fat vanilla greek yogurt
3 tablespoons packed brown sugar
1 1/2 teaspoon honey
1/8 teaspoon cinnamon

Directions:

Use any shaped cookie cutter to cut pieces of fruit. Thread through skewers or popsicle sticks. In a separate bowl, mix remaining ingredients and chill for a half hour before serving.

Yields 4 servings.

Homemade Strawberry Milk

Ingredients:

1 cup low-fat milk
3/4 cup frozen strawberries
1 teaspoon sugar

Directions:

Combine all ingredients in a blender and drink up!



Peanut Butter Yogurt Dip

Ingredients:

3/4 cup low-fat vanilla yogurt
1/3 cup peanut butter
Dash of cinnamon

Directions:

Mix together all ingredients and serve with apples, bananas, graham crackers, etc.

Yields 4 servings.

Yogurt Freeze Pops

Ingredients:

6 oz. low-fat yogurt
1 cup fresh or frozen fruit
1/2 teaspoon honey

Directions:

Blend ingredients and pour into paper cups. Cover with foil, insert popsicle stick and freeze. Enjoy when fully frozen (about 4 hours).

Yields 2 servings.



Veggie Flower Patch

Ingredients:

Block cheese (Cheddar, Mozzarella, Monterey Jack), cubed
Cucumber, sliced and halved
Carrot, sliced

Directions:

Cut two small triangles out of the top of the carrot to form a tulip shape. For the leaves, scoop out the seeds of the cucumber to create a half-moon shape. Put the toothpick through the cucumber with the carrot on top, and use cheese as the base. A great snack on the go!

Pineapple Raspberry Yogurt Parfait

Ingredients:

4 oz. low-fat peach yogurt
6 raspberries
1/4 cup pineapple chunks

Directions:

Layer the ingredients and serve cold.
Add 2 tablespoons granola for an extra crunch!



Puffy Cream Cheese Penguins



Ingredients:

Jumbo olive
1 tablespoon cream cheese
1 baby carrot slice (1/4 inch thick)
Small olive

Directions:

Slice a jumbo olive from top to bottom lengthwise and stuff with cream cheese. Cut a small notch out of sliced baby carrot to form feet and press remaining carrot into small olive to make the beak. Secure carrot feet, jumbo stuffed olive and small olive with a toothpick, and your penguin is complete!

Strawberries & Cream Sandwich

Ingredients:

2 tablespoons low-fat cream cheese
2 slices of whole wheat bread
2 strawberries, sliced
1/4 teaspoon honey

Directions:

Spread cream cheese on whole wheat bread and place strawberries on top. Drizzle with 1/4 teaspoon honey; halve and serve. For a variation, try the bread toasted!



Quick Cheesecake

Ingredients:

2 whole wheat graham crackers
2 tablespoons Ricotta cheese
4 tablespoons jam

Directions:

Spread whole wheat graham crackers with Ricotta cheese and top with your favorite jam.



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