Healthy and delicious yogurt-based recipes for your family.
Are you looking for a creamy and delicious food that can be served anywhere, anytime? Yogurt is quick, convenient and can be added to any meal or snack—by itself, mixed with fruit or oatmeal, in a smoothie, as a dip or in dressings. Not only are there endless ways to use this versatile food, but it is also packed with nutrition benefits. Read on to discover a new family hit!
Turkey Berry Vinaigrette Wrap

MAKES 1 SERVING

INGREDIENTS
1 whole grain spinach wrap  
1/4 cup shredded romaine and baby kale  
1/4 cup apple slices  
1/4 cup red pepper strips  
1-2 ounces sliced turkey  
2 tablespoons creamy berry vinaigrette  
2 medium fresh strawberries

DIRECTIONS
1. Spread creamy berry vinaigrette on wrap.
2. Top with shredded romaine, kale and apple slices. Add turkey and red pepper strips.

CREAMY BERRY VINAIGRETTE
Mix together 1/2 cup low-fat strawberry yogurt with 1/4 cup fat-free bottled raspberry vinaigrette dressing. Refrigerate leftover dressing.
Use yogurt to make dips and dressings creamier and lower in calories and fat.

TURKEY BERRY VINAIGRETTE WRAP NUTRITION FACTS:
Calories: 254 // Carbohydrates: 41g // Protein: 11g // Total Fat: 4g
Saturated Fat: 0.4g // Sodium: 1,086mg // Calcium: 8% Daily Value

Crantastic Oats Parfait

MAKES 1 SERVING

INGREDIENTS
1/2 cup yodeler’s oatmeal
1/2 cup low-fat strawberry yogurt
1 teaspoon dry oatmeal
1 teaspoon dried cranberries

DIRECTIONS
1. Place 1/2 cup of yodeler’s oatmeal in the bottom of a glass.
2. Add 1/2 cup of yogurt.
3. Garnish with sprinkle of oats and dried cranberries.

YODELER’S OATMEAL
Mix together 1 cup dry oatmeal, 1 cup applesauce, 1 cup low-fat vanilla yogurt and 1/2 cup dried cranberries. Refrigerate several hours or overnight.
Did you know that yogurt can be enjoyed even by those who are lactose-intolerant? For more information, go to www.nationaldairycouncil.org.

CRANTASTIC OATS PARFAIT NUTRITION FACTS:
Calories: 200 // Carbohydrates: 41g // Protein: 5g // Total Fat: 2g
Saturated Fat: 1g // Sodium: 75mg // Calcium: 15% Daily Value
Razzle Dazzle Smoothie

MAKES 1 18-OUNCE SERVING

INGREDIENTS

1 cup skim milk  
1/2 cup low-fat vanilla yogurt  
1/4 cup frozen raspberries  
1/4 cup frozen strawberries  
1/4 cup frozen blueberries

DIRECTIONS

1. Place all ingredients in blender. Add ice to increase volume and creaminess, if needed.
2. Pulse until smooth.
3. Pour into appropriate-sized glass.
Quick and convenient—yogurt is a healthy “grab-n-go” food.

RAZZLE DAZZLE SMOOTHIE NUTRITION FACTS:
Calories: 325 // Carbohydrates: 66g // Protein: 13g // Total Fat: 0.9g
Saturated Fat: 0.3g // Sodium: 173mg // Calcium: 37% Daily Value
Garden Pail Veggies & Sassy Carrot Dip

**MAKES 1 SERVING**

**INGREDIENTS**

1/2 cup sassy carrot dip  
1 cup fresh vegetables such as carrot sticks, celery sticks, cucumber coins, broccoli stalks, cherry tomatoes

**DIRECTIONS**

1. Arrange vegetables on a plate.  
2. Portion 1/2 cup sassy carrot dip into small serving dish.  

**SASSY CARROT DIP**

Puree 1 cup chilled, cooked carrots until smooth. Add 1 cup low-fat vanilla yogurt, 1 teaspoon buffalo hot wing sauce and 1/2 teaspoon dried dill. Mix thoroughly. Refrigerate leftover dip.
Yogurt with live and active cultures helps keep your digestive system healthy.

**SASSY CARROT DIP NUTRITION FACTS (1/2 CUP):**
- Calories: 35
- Carbohydrates: 7g
- Protein: 1g
- Total Fat: 0g
- Saturated Fat: 0g
- Sodium: 180mg
- Calcium: 20% Daily Value

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United Dairy Industry of Michigan

www.MilkMeansMore.org
1-800-241-MILK (6455)

Morning Mist Smoothie

MAKES 2 10-OUNCE SERVINGS

INGREDIENTS
2 cups low-fat vanilla yogurt
2 cups chilled, fresh cantaloupe chunks

DIRECTIONS
1. Place all ingredients in a blender.
2. Pulse until smooth.
3. Portion yogurt smoothie into two glasses.
4. Serve chilled.
Yogurt has high-quality protein that helps you feel fuller for longer.

MORNING MIST NUTRITION FACTS:
Calories: 140 // Carbohydrates: 29g // Protein: 4g // Total Fat: 1g
Saturated Fat: 0.5g // Sodium: 60mg // Calcium: 10% Daily Value
Spotted Cow Parfait

MAKES 1 SERVING

INGREDIENTS

1/2 cup low-fat vanilla yogurt
1/2 cup red grapes
3/4 cup chocolate puff cereal

DIRECTIONS

1. Place 1/2 cup of yogurt in a glass.
2. Add grapes and stir, pressing grapes against side of glass.
3. Top with cereal.
A power packed food—nutrition for your bones, muscles and brain!

SPOTTED COW PARFAIT NUTRITION FACTS:
Calories: 250 // Carbohydrates: 52g // Protein: 5g // Total Fat: 2g
Saturated Fat: 0.5g // Sodium: 180mg // Calcium: 20% Daily Value
YoSalsaCado Dip

**MAKES 24 2-TABLESPOON SERVINGS**

**INGREDIENTS**
1 cup guacamole or mashed avocado
1 cup low-fat plain yogurt
1 cup salsa

**DIRECTIONS**
1 Stir all ingredients together until blended.
2 Refrigerate until serving.
3 Serve with baked tortilla chips or assorted vegetables.
Versatile, creamy and delicious—yogurt can be added to many recipes to make them healthier.

**YOSALSACADO DIP NUTRITION FACTS (2 TABLESPOONS):**
- Calories: 25
- Carbohydrates: 2g
- Protein: 1g
- Total Fat: 1.5g
- Saturated Fat: 0.2g
- Sodium: 84mg
- Calcium: 2% Daily Value

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