



Mmm... Yogurt!

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!



**Eat Healthy.
Get Active.
Have Fun.**

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.
- 3 Roll wrap and cut in half. Serve with strawberries.

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.



**Eat Healthy. Get Active.
Have Fun.**

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



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



THE NFL MOVEMENT FOR AN ACTIVE GENERATION

©2017 National Dairy Council. Fuel Up® is a service mark of the National Dairy Council.

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.



**Eat Healthy. Get Active.
Have Fun.**

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



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



THE NFL MOVEMENT FOR AN ACTIVE GENERATION

©2017 National Dairy Council. Fuel Up* is a service mark of the National Dairy Council.

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.



**Eat Healthy. Get Active.
Have Fun.**

**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



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



A PROGRAM OF

THE NFL MOVEMENT FOR AN ACTIVE GENERATION

©2017 National Dairy Council. Fuel Up® is a service mark of the National Dairy Council.

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.
- 3 Serve together.

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.



**Eat Healthy. Get Active.
Have Fun.**

**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



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



THE NFL MOVEMENT FOR AN ACTIVE GENERATION

©2017 National Dairy Council. Fuel Up* is a
service mark of the National Dairy Council.

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.



**Eat Healthy. Get Active.
Have Fun.**

**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



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



THE NFL MOVEMENT FOR AN ACTIVE GENERATION

©2017 National Dairy Council. Fuel Up* is a
service mark of the National Dairy Council.

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.



**Eat Healthy. Get Active.
Have Fun.**

**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



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



A PROGRAM OF

THE NFL MOVEMENT FOR AN ACTIVE GENERATION

©2017 National Dairy Council. Fuel Up* is a service mark of the National Dairy Council.

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.



**Eat Healthy. Get Active.
Have Fun.**

**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



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



THE NFL MOVEMENT FOR AN ACTIVE GENERATION

©2017 National Dairy Council. Fuel Up* is a service mark of the National Dairy Council.