

# SUPER DAIRY SNACKING

Fun recipes that kids can help make  
for the whole family to enjoy!



## BLUEBERRY VANILLA POPSICLES

*Yields 6 servings.*

### Ingredients:

½ cup plain Greek yogurt  
½ cup half and half  
1 teaspoon vanilla extract  
1 tablespoon sugar  
1½ cups blueberries

### Directions:

Combine Greek yogurt, half and half, vanilla and sugar in a medium bowl. Place whole blueberries into popsicle molds and pour yogurt mixture over the berries. Freeze for 4 hours before serving.

## GOOD MORNING YOGURT PARFAIT

*Yields 1 serving.*

### Ingredients:

½ cup cut-up fruit, any kind  
6 ounces low-fat or fat-free vanilla yogurt  
¼ cup granola or other cereal, optional

### Directions:

Layer in a small bowl or cup in this order: fruit, yogurt, fruit, yogurt. Top with cereal or granola if desired.

**Tip:** You can also make this recipe using low- or non-fat cottage cheese sweetened with a little honey and cinnamon.



## FROZEN BANANA POPS

*Yields 8 servings.*

### Ingredients:

4 large bananas, peeled  
2 cups vanilla nonfat Greek yogurt  
½ cup creamy natural peanut butter  
8 wooden popsicle sticks

### Directions:

Cut bananas in half and carefully insert a wooden popsicle stick into the bottom, about ⅓ of the way into the banana. Place the bananas on a large baking sheet lined with parchment paper and freeze for 30 minutes.

Pour the vanilla yogurt into a tall glass and dip each banana in the yogurt, then place back on the lined baking sheet and freeze for one hour, or until completely firm.

Microwave the peanut butter until smooth and creamy, about 30 to 45 seconds. Drizzle evenly over frozen bananas and place on the baking sheet to freeze for another 30 minutes.

Enjoy immediately or individually wrap bananas in plastic wrap and store in freezer for up to 3 months.



## FRESH FRUIT WITH CREAMY LIME DIP

*Yields 8 servings.*

### Ingredients:

1 cup plain Greek yogurt (2% or 5% fat)  
2 tablespoons granulated sugar  
1 tablespoon lime juice  
2 teaspoons grated lime peel  
Lime slice (optional)  
Assorted cut-up fresh fruit

### Directions:

In small bowl stir together yogurt, sugar, lime juice and grated lime peel. Serve immediately or cover and refrigerate for up to 72 hours. Before serving, stir yogurt mixture. Garnish with additional lime (if desired) and serve with fresh fruit.

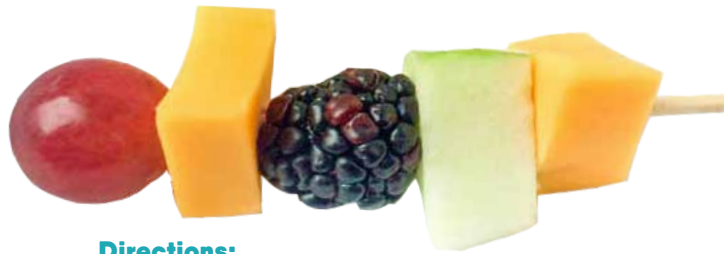


## FRUIT AND CHEESE KABOBS

*Yields 4 servings.*

### Ingredients:

- ½ green apple, cut into bite-sized pieces
- 1 teaspoon lemon juice
- 4 ounces mild Cheddar cheese, cut into small cubes
- 8 blackberries
- 8 red grapes
- ½ cup diced pineapple
- 8 (4-inch) wooden skewers



### Directions:

Toss apple chunks with lemon juice to prevent browning. Working one skewer at a time, carefully thread one piece of each fruit and two pieces of cheese on each skewer. Serve immediately or store in a refrigerated air-tight container for up to 5 days.



## MONSTER SMOOTHIES

*Yields 4 servings.*

### Ingredients:

- 8 ounces 2% milk
- 1 (5.3-ounce) container low-fat pineapple Greek yogurt
- ½ cup 100% pasteurized apple cider
- 6 spinach leaves
- 1 medium frozen banana
- 1 pear, cored
- 1 avocado, pitted and peeled

### Directions:

In a blender, combine milk, Greek yogurt, apple cider, spinach, banana, pear and avocado. Blend until smooth.

## SALAD ON A STICK

*Yields 1 serving.*

### Ingredients:

- ½ cup assortment of veggies cut into 1-inch chunks
- ½ cup spinach or spring mix leaves
- 1-1½ ounces low-fat cheese, cut into cubes
- Wooden skewer

### Directions:

Alternate vegetables, spinach leaves and cheese cubes on a skewer. Dip in dressing of choice.



## CARAMEL APPLE WRAPS

*Yields 8 servings.*

### Ingredients:

- 1 tablespoon sugar
- ¼ teaspoon cinnamon
- 3 large apples, washed and diced
- 1 cup fat-free vanilla Greek yogurt
- ⅓ cup creamy peanut butter  
(or other nut butter)
- 8 small tortillas
- Fat-free caramel sundae syrup



### Directions:

In a small bowl, mix together sugar and cinnamon, then sprinkle over cut apples and toss to coat. In another small bowl stir together yogurt and peanut butter until smooth. Spread about 2 tablespoons yogurt mixture onto tortillas and add apple mixture on top. Drizzle lightly with caramel topping. Roll and eat.



## NO BAKE COOKIES

*Yields 12 servings.*

### Ingredients:

- ¼ cup coconut oil, melted
- 2 tablespoons cocoa powder
- ¼ cup honey
- 1¾ cups rolled oats
- ¼ cup kefir, plain
- ¼ cup peanut butter, smooth

### Directions:

In medium bowl, mix together melted coconut oil, cocoa powder, honey and oats. Add kefir and peanut butter, stir until combined. Scoop rounded tablespoons of mixture onto parchment paper. Refrigerate for at least 30 minutes before serving.

## CAROUSEL-COLORED OVERNIGHT OATS

*Yields 1 serving.*

### Ingredients:

- 1 (4-6 ounce) container fat-free yogurt, any flavor
- ¼ cup old fashioned or quick-cooking oatmeal
- ¼ cup fruit

### Directions:

In a container with a tight-fitting lid, mix together yogurt, oats and fruit. Cover and refrigerate at least 8 hours. Top with additional fruit before serving if desired.



**MILK**  
MEANS MORE

For more great recipes, visit  
[www.MilkMeansMore.org](http://www.MilkMeansMore.org)