

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. Find ways to include milk in other foods as well.

Peach Cooler



Ingredients:

- 2 cups low-fat milk
- 1 15 oz. can drained canned peaches (or 2 cups of sliced fresh peaches)
- ½ teaspoon lemon juice
- 1 teaspoon vanilla extract
- Dash of nutmeg (optional)

Instructions:

1. Put the ingredients in a blender. Blend well.
2. Sprinkle with nutmeg if desired.
3. Serve cold. Makes 4 servings (1 cup each).

Raspberry

Lemonade Ice Pops

Ingredients:

- 1 container (6 oz.) raspberry lemonade yogurt
- ½ cup frozen raspberries
- 6 paper cups (5-oz size)
- 12 oz. (2 containers 6 oz. each) vanilla yogurt

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 up. Freeze 1 ½ to 2 hours longer until completely frozen
5. To eat, peel off paper cups. Makes 6 pops.



Adapted from: www.fns.usda.gov/core-nutrition/especially-moms Milk, Yogurt & Cheese Recipes 2/29/2012

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