



Dairy-licious Snacks

Milk and other dairy foods, such as cheese, yogurt, frozen yogurt, and ice cream, provide a lot of calcium and other nutrients. Calcium is important because it help children grow strong bones and teeth and helps muscles to work right. Foods that have a lot of calcium are good to eat as a snack or part of a meal.

PUDDINGWICHES

- 1 1/2 cups cold milk
- 1 package (3.9 ounces) instant chocolate pudding mix
- 1/4 to 1/2 cup peanut butter
- 15 whole graham crackers

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- 1.) In a mixing bowl, combine the milk, pudding mix and peanut butter.
- 2.) Beat on low speed for two minutes.
- 3.) Let stand for 5 minutes.
- 4.) Break graham crackers in half.
- 5.) Spread pudding mixture over half of the crackers; top with the remaining crackers.
- 6.) Wrap and freeze until firm.

SHAKE PUDDING

- 1/2 cup cold milk
- 3 Tablespoons instant pudding

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Place ingredients in a small jar, leaving half of the jar empty for shaking purposes. Secure lid. Shake for a few minutes. Your pudding is now ready to eat!

1 small box of pudding will make 4 servings.

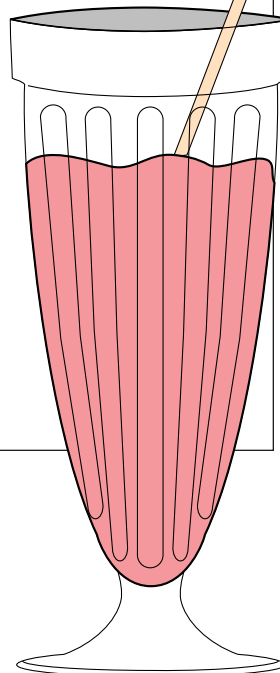
PURPLE COW

- 2 cups vanilla ice cream, slightly softened
- 3 Tbsp frozen grape juice concentrate, thawed
- 1 cup milk

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Put grape juice concentrate and milk in blender. Blend at low speed until smooth. Add softened ice cream and blend at low speed. Serve immediately.

Serves 4.



Frozen Treats

ICE CREAM IN A BAG

To make the ice cream mix:

Pint size zipper type bag

1 Tablespoon sugar

1/2 teaspoon vanilla

1/2 cup milk

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- 1.) Put all the ingredients in the zipper type bag. Close bag, making sure it is sealed.

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To freeze the ice cream mix:

Gallon sized zipper type bag

3 cups ice

1/3 cup salt

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- 1.) Combine ice and salt in gallon sized bag.
- 2.) Put the sealed pint bag of ice cream mix inside gallon bag and close the gallon bag securely.
- 3.) Turn shake and roll the bag for approximately 6 minutes until you have a soft solid delicious treat.

FRUIT SUNDAE

2 cups fresh, frozen or canned fruit (apples, bananas, cantaloupe, peaches or strawberries)

1 cup (8 ounces) plain or lowfat vanilla yogurt*

2 cups ready-to-eat cereal

4 drinking glasses or paper cups

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- 1.) Clean fresh fruit, drain canned fruit, or thaw frozen fruit.
- 2.) Place 2 Tbsp of fruit in the bottom of the cup.
- 3.) Spoon 2 Tbsp yogurt on the top of the fruit layer.
- 4.) Spoon 2 Tbsp cereal on top of the yogurt layer.
- 5.) Repeat twice. This will make two layers of each ingredient.

Serves 4.

* Frozen yogurt can be used instead of vanilla yogurt.

FROZEN YOGURT POPS

2 cups yogurt

1 (6oz.) can frozen fruit juice concentrate

2 tsp. vanilla

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Place ingredients in a large bowl and stir until well blended.

Spoon into small paper cups and insert wooden ice cream spoon, plastic spoon or popsicle stick and freeze. (a small piece of foil wrapped around top of cup will hold spoon in place)

