

# QUICK 'N EASY DAIRY SNACKS

## MILK



### Graham Cracker Dippers

Dip a few graham crackers into a cold glass of low-fat milk.



### Peachy Sunrise

Get a mid-morning boost with a cold glass of low-fat milk and sliced peaches.



### ChocoBerry Cooler

Blend a cup of low-fat milk with frozen raspberries and sweetened cocoa.



### Honey Steamer

Microwave a cup of low-fat milk and a teaspoon of honey.



### Nanaberrylicious

Blend low-fat milk with banana slices and frozen strawberries.

## CHEESE



### Roll 'n Dippers

Roll Monterey Jack cheese into a whole wheat tortilla and dip in salsa.



### Cheesy Toppers

Top wheat crackers with Mozzarella cheese and cherry tomatoes.



### Cheesy Snack Mix

Mix ½ cup grated Cheddar cheese with popcorn and pretzels.



### Tostada Toppers

Top a tostada with fat free refried beans and shredded cheese.



### Fruit and Cheese Pick

Alternate small slices of apples and Cheddar cheese on skewers or toothpicks.

## YOGURT



### Cucumber Crunch

Mix diced cucumber with a cup of low-fat plain yogurt, mint and a pinch of salt and pepper and spread on whole wheat pita wedges.



### Strawberry Shortcake

Top pieces of angel food cake with a cup of low-fat strawberry yogurt for a heavenly treat.



### Tropical Smoothie

Blend fresh orange slices with low-fat strawberry yogurt and ice.



### Sweet Dipper

Mix low-fat yogurt with a dollop of honey for a sweet fruit dip.



### Layer It On

Layer granola and fresh fruit with your favorite low-fat yogurt.