

Perfect Pairs



Give these ideas a try at snack time to add more protein and calcium to your family's day.

Cheese Pairings with Fruits and Vegetables



- **Cheddar*** with Apples, Grapes, or Pears
- **Colby** or **Monterey Jack** with Apples
- **Mozzarella** with Tomato
- **Brie** with Pears or Apples
- **Soft Spreadable Cheese** with Berries, Beets, or Figs
- **Gorgonzola** or **Blue Cheese** with Pears, Carrots, Peppers, or Celery
- **Ricotta** with Berries or Tomatoes
- **Feta** with Watermelon or Cucumber

Top pairings on whole grain bread or crackers, or add to a grain salad such as brown rice, cracked wheat, or quinoa to make a quick meal!

Yogurt* and Cottage Cheese

Start with a serving of plain yogurt or cottage cheese. Then add...

Sweet Ideas



Serve with **fruit** -- pineapple, peaches, pears, berries, or figs

Drizzle with **honey**, agave, or maple syrup

Sprinkle with cereal, **granola**, cocoa, coconut, cinnamon, or **nuts**

Savory Thoughts



Mix in **nut butters** -- peanut, cashew, almond, or hazelnut

Serve with **vegetables** -- cucumber, roasted peppers, roasted beets, scallions, tomatoes, or avocado

Sprinkle with **fresh herbs** -- chives, dill, basil, or with **spices** -- curry, za'atar, black pepper, cumin, or red pepper flakes

*Indicates low-lactose food

Smooth Start



Give these smoothie ideas a whirl at breakfast or for a snack!



Spiced Berry Smoothie

Makes 2 - 8oz servings

- 1 medium banana, frozen
- ½ cup vanilla yogurt*
- ¼ cup 100% apple juice
- ¼ cup blueberries, frozen
- 1/8 tsp. cinnamon
- 1/8 tsp. ginger



Roger Rabbit Smoothie

Makes 2 - 8oz servings

- ½ cup carrots, grated, raw
- ¼ cup pineapple chunks
- ½ medium banana, frozen
- ½ tsp. ginger, ground
- ½ tsp. cinnamon, ground
- ½ cup vanilla yogurt*
- 8 oz. milk

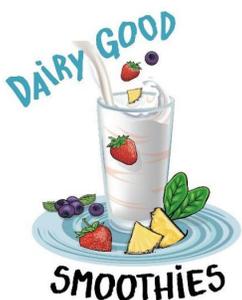


Nut Butter and Jelly

Makes 2 - 8oz servings

- ¼ cup vanilla yogurt*
- 8 oz. milk
- ½ cup strawberries, frozen
- ¼ cup creamy nut butter spread (peanut, sunflower, or almond)

Blend recipe ingredients in a blender until smooth.
Serve and enjoy!



For more delicious recipes or to find out how to bring smoothies to your school, visit NewEnglandDairy.com.

*Indicates low-lactose food