



# Did You Know?

**AN UNDENIABLY DAIRY COLORING BOOK**

**DairyGood.org**





## Co-Jack Cheese Crisps

10 servings • 30 min prep time

### Ingredients:

- Non-stick [Cooking Spray](#)
- 1 package finely shredded [Colby Jack Cheese](#) (8oz)

### Directions:



1 Preheat oven to [350°F](#).



2 Lightly coat rimmed baking sheet with non-stick cooking spray. Place [2 teaspoons Colby Jack Cheese](#) mounds 2 inches apart on baking sheet. Press mounds gently with fingers to flatten.



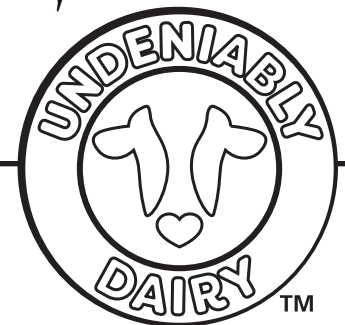
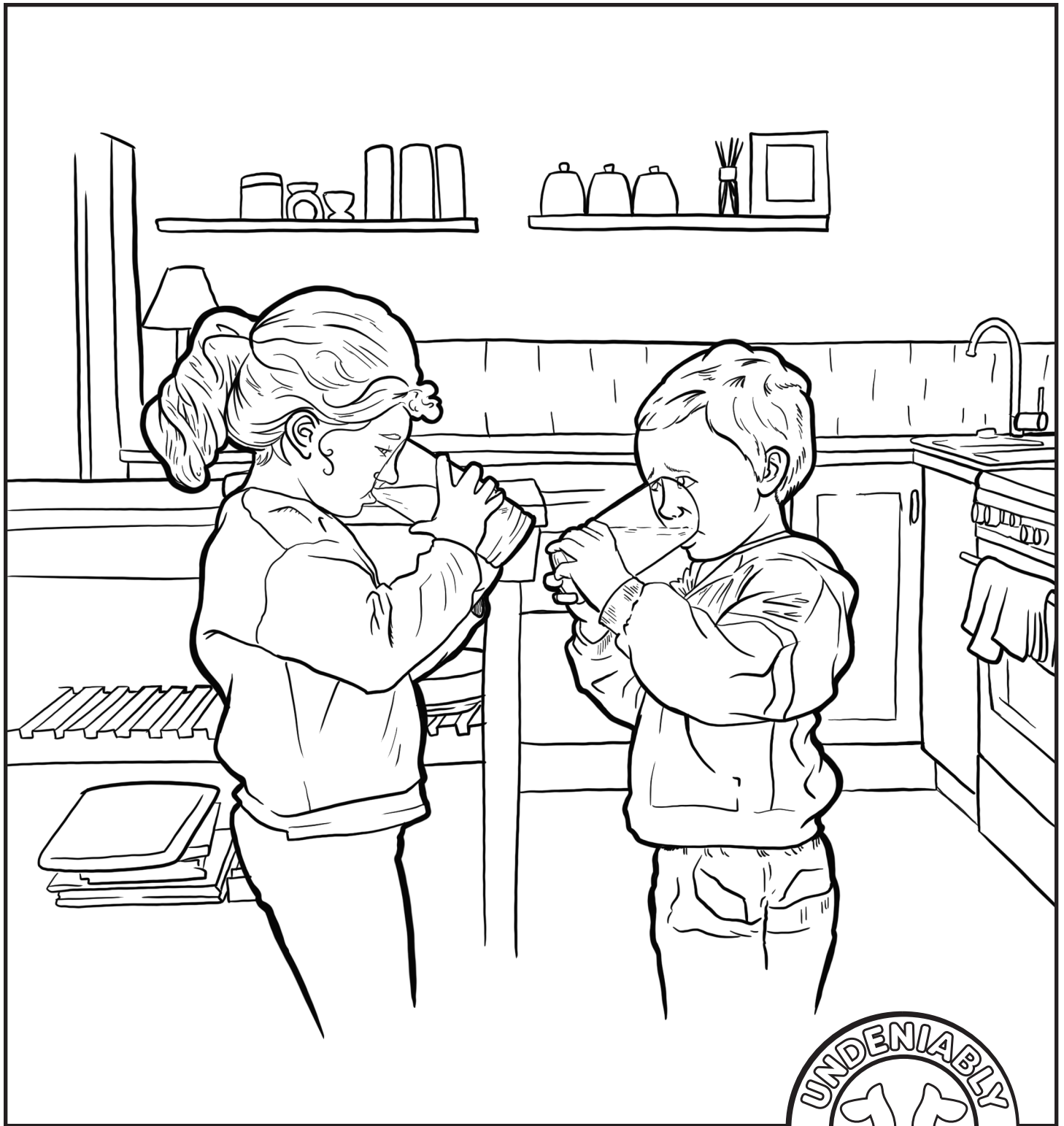
3 Bake until mounds are thin, bubbly and golden, [no more than 6 to 8 minutes\\*](#).  
\*Baking too long will make crisps too hard and not easily removed from the baking sheet.



4 Immediately [transfer crisps to paper towels with a metal spatula](#).  
Serve when crisps have cooled completely.

**TIP:** May be baked one day ahead and crisped before serving in oven at warm setting, for 4 to 5 minutes.





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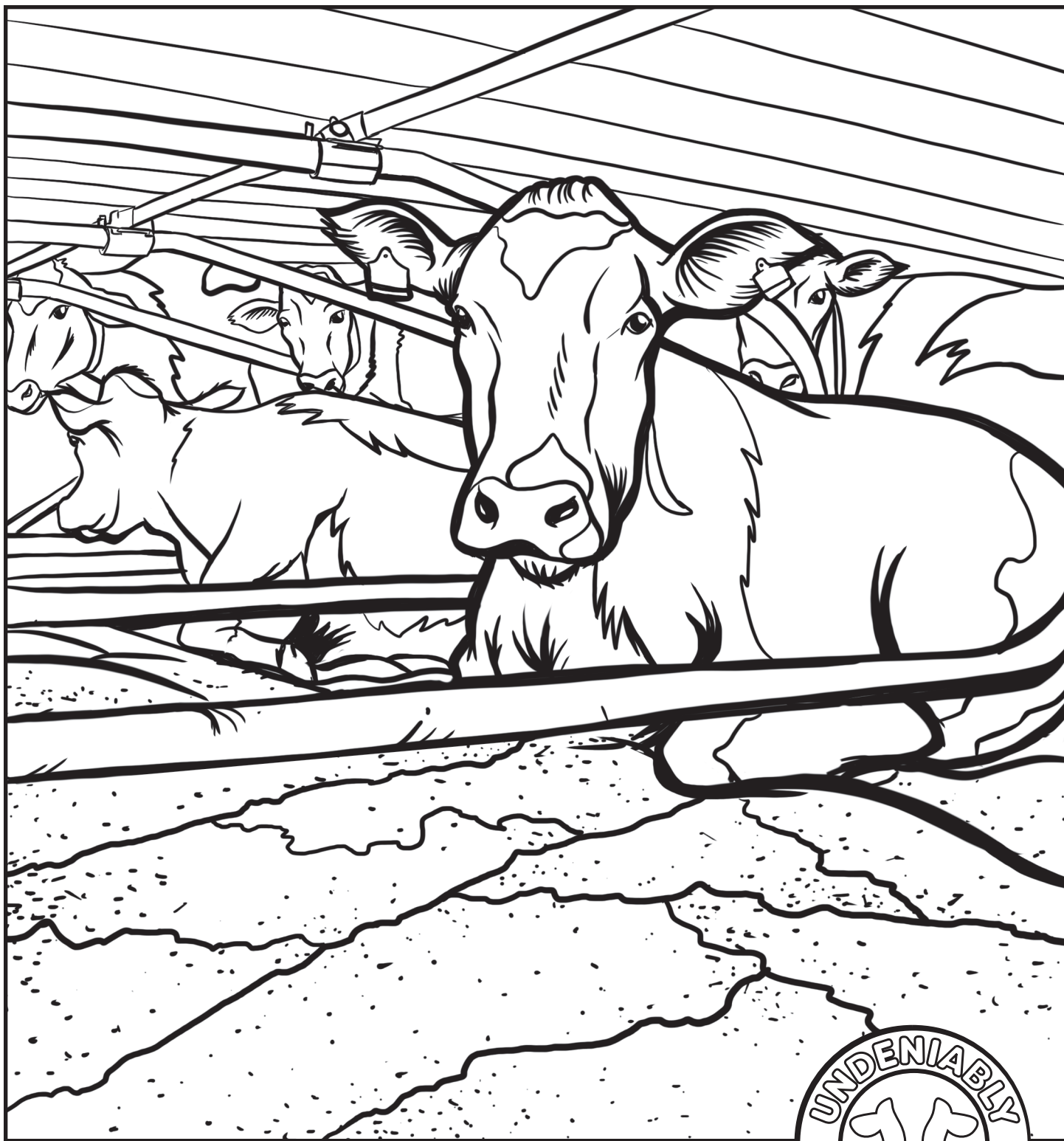
Dairy foods like yogurt, cheese and milk make it easy  
to power up with protein all day.



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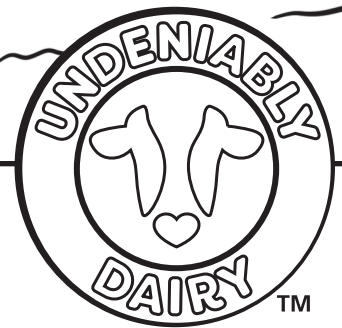
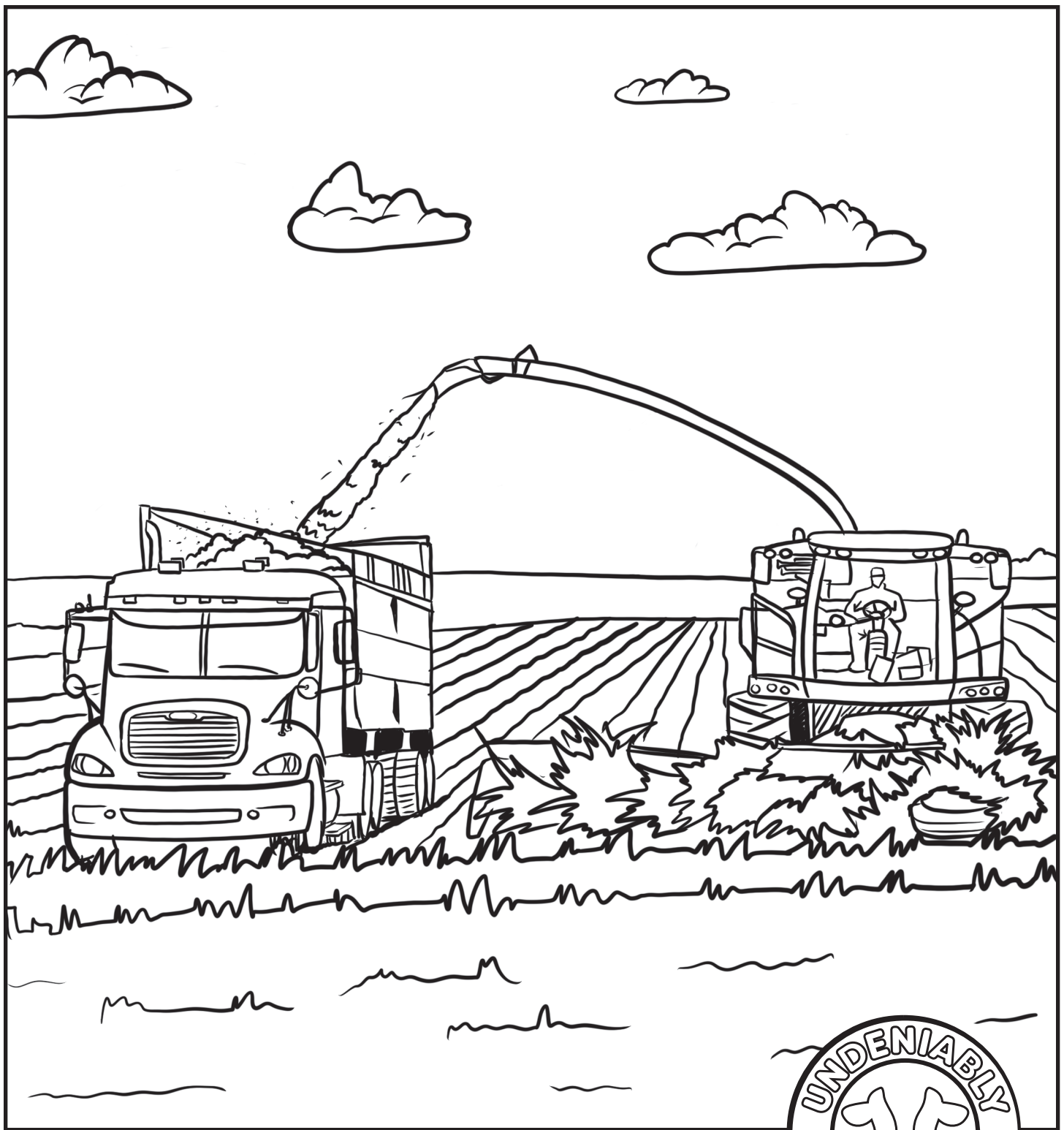
Farmers and veterinarians are constantly making sure cows are comfortable.





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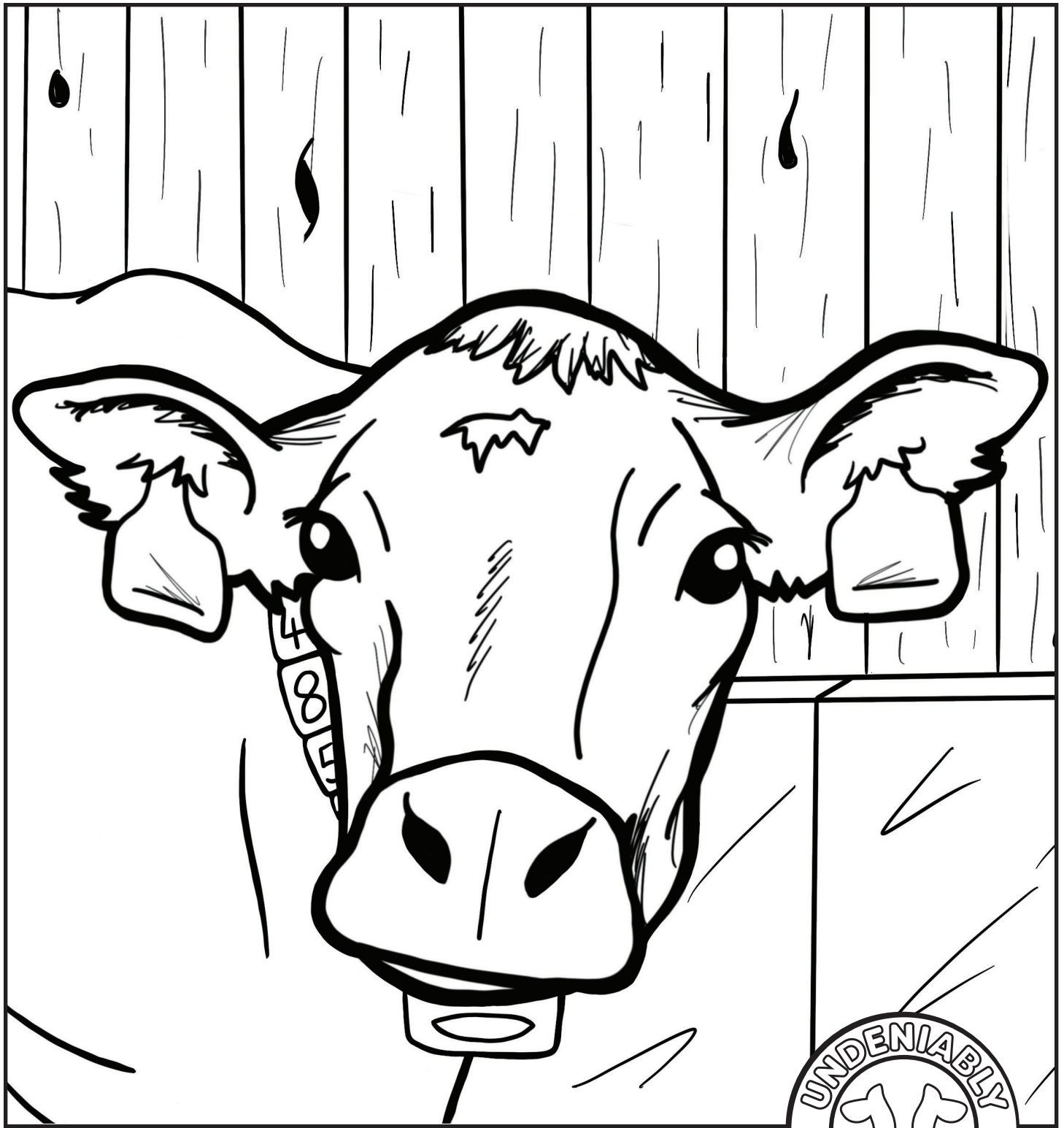
Cows sleep on beds like we do.  
These cows are laying on sand, like a beach!



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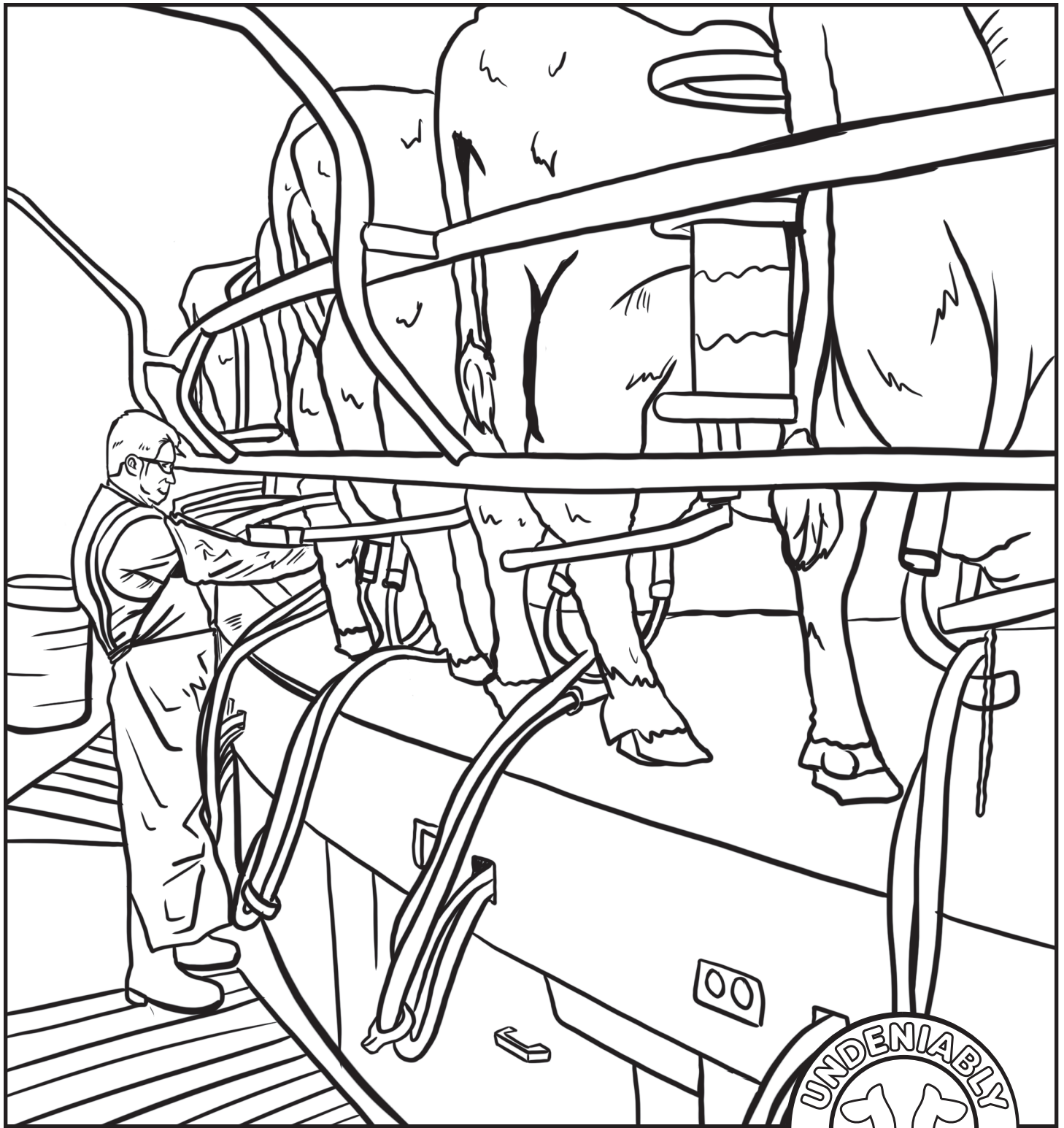
Dairy farmers are the ultimate recyclers.  
A dairy cow will eat the entire corn plant!





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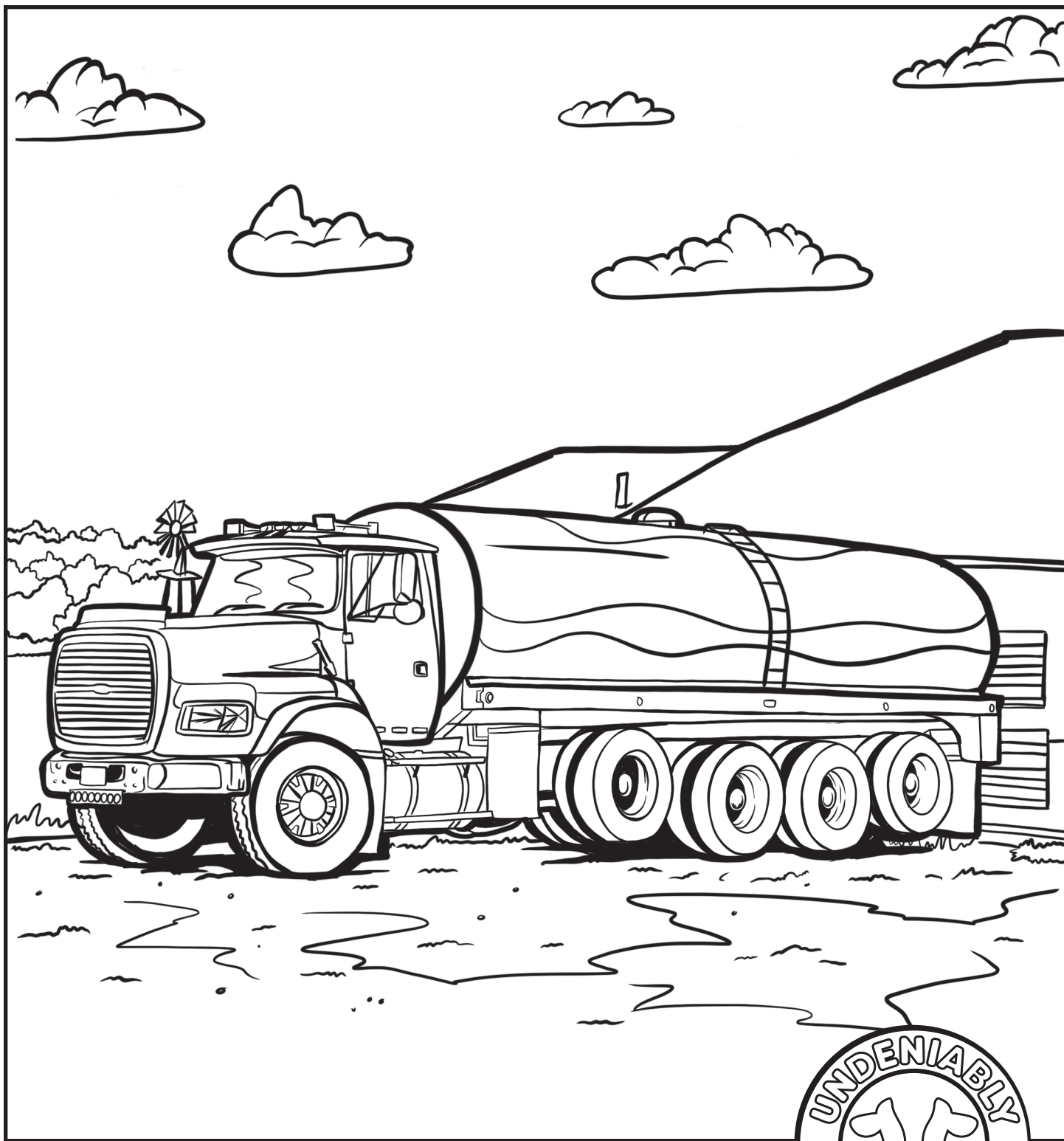
Many cows wear activity trackers like some people which shows how much they eat, sleep and milk.



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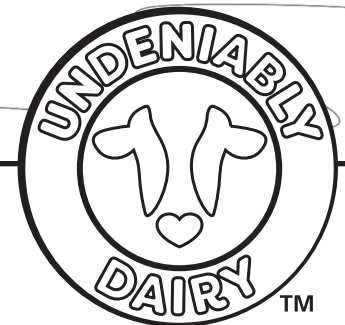
On average, one cow gives about  
7 gallons of milk per day.





## Did You Know?

Most people in the U.S. live within 100 miles  
of a dairy farm. That's local!



## Did You Know?

About 95% of U.S. dairy farms are family owned and operated.





## Rainbow Unicorn Smoothie

4 servings

### Ingredients:

- 1½ cups – Milk
- ½ cup – Vanilla Yogurt
- 2 cups – Frozen Strawberries  
(about 10 large)
- 1 cup – Frozen Blueberries
- 1 cup – Frozen Mango Chunks

#### Optional Toppings

- 6 Tbsp – Whipped Cream
- 4 tsp – Unicorn Sprinkles
- Decorative Unicorn Horn Candles, Wick Trimmed



### Directions:

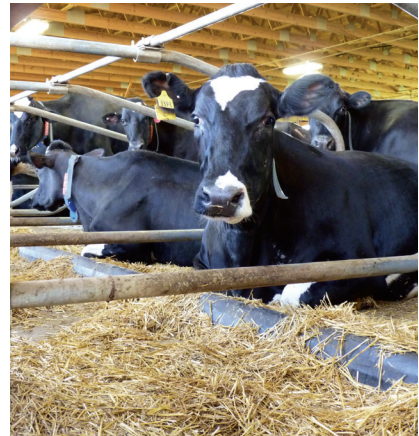
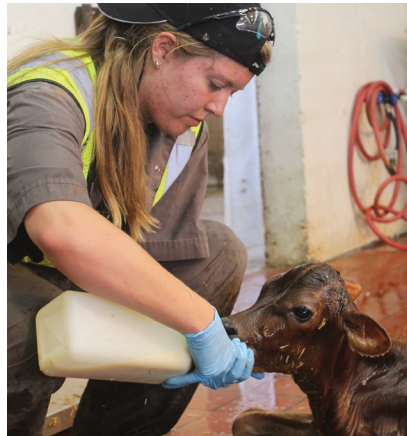


- 1 Combine ingredients and blend until smooth, adding additional milk to thin if needed.



- 2 Divide smoothie into 4 glasses and top with optional toppings.

# Real Inspiration for Your Color Pages



Learn why at  
**DairyGood.org**

