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.

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