

DELICIOUS RECIPES INSIDE!

So many ways to love Yogurt!



Yogurt Smoothies

(1) Serving Size per 16 oz Cup

1 Meat / Meat Alternate / ½ Cup Fruit / 1 Milk

INGREDIENTS

- 1 cup cold fat-free milk (white or flavored)
- ½ cup fresh or frozen fruit
- ½ cup yogurt (regular or Greek)

Yogurt Parfaits

(1) Serving Size per 12 oz Cup

1 Meat / Meat Alternate / ½ Cup Fruit / 1 oz Grain

When prepared in accordance with USDA guidelines, yogurt smoothies and parfaits are valuable additions to any Child Nutrition Program.

INGREDIENTS

- ½ cup fresh or frozen fruit
- ½ cup yogurt (regular or Greek)
- 1 oz cereal or granola



Chunky Monkey Smoothie

Serving Size: Six 16 oz Cups
1 Meat Alternate / 1 Milk / ½ Cup Fruit

In a blender, combine frozen bananas together with vanilla yogurt and fat free chocolate milk

Mix well but leave some banana chunkiness!



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INGREDIENTS

- 3 frozen bananas
- 48 oz fat free chocolate milk
- 3 cups low fat vanilla yogurt

Bananas Foster Parfait

Serving Size: Four 12 oz Cups
½ Cup Fruit / 1 Meat Alternate / 1 oz Grain

Cut each peeled banana half lengthwise and each half in thirds

Combine sugar, butter, and cinnamon in nonstick skillet

Cook over medium low heat until sugar mixture bubbles

Add bananas and cook until softened

Spoon ½ cup yogurt into bottom of cup

Divide banana mixture evenly

Top each with 2 tablespoons of corn flakes



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INGREDIENTS

- 2 large bananas, peeled
- ¼ cup brown sugar
- 2 tablespoons melted butter
- 2 teaspoons cinnamon
- 2 cups nonfat vanilla yogurt
- 4 oz cup corn flakes crushed

Recipe provided courtesy of
Upstate Niagara Cooperative, Inc.

Breakfast Parfait with a Twist

Serving Size: Four 12 oz Cups
½ Cup Fruit / 1 Meat Alternate / 1 oz Grain

Preheat oven to 350 degrees F

Mix melted butter, flour, and pretzels until combined

Spread mixture on sheet pan and bake until golden brown

Spoon ½ cup yogurt into the bottom of each of parfait glasses, add ½ cup berries

Top each serving with 2 tablespoons pretzel crumble



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INGREDIENTS

- 2 cups yogurt (plain or Greek)
- 1 tablespoon melted butter
- 4 oz hard pretzels, crushed
- ¼ teaspoon cinnamon
- 2 tablespoons all purpose flour
- 1 cup strawberries
- 1 cup blueberries

Recipe provided courtesy of
Upstate Niagara Cooperative, Inc.

Fruity Smoothie

Serving Size: Six 16 oz Cups
1 Meat Alternate / 1 Milk / ½ Cup Fruit

Blend bananas, strawberries and pineapple with honey

Add milk and yogurt, then blend again until mixture reaches desired consistency



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INGREDIENTS

- 3 bananas
- 1 ½ cup strawberries (fresh or frozen)
- 1 ½ cup pineapple chunks
- 48 oz fat free milk
- 3 cups low fat vanilla yogurt
- 6 tablespoons honey

Peachy Green Pineapple Smoothie

Serving Size: Six 16 oz Cups

**1 Meat / Meat Alternate / 1 Milk / ½ Cup Fruit /
¼ Cup Vegetable (Dark Green)**

Blend peaches, pineapple, bananas
and kale on high to combine

Add milk and yogurt to reach
desired consistency for smoothie



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INGREDIENTS

- 3 cups low fat vanilla yogurt
- 1 cup frozen peaches
- 1 cup frozen pineapple
- 2 small bananas
- 1 ½ cups raw kale
- 48 oz fat free milk

Spinach Orange Smoothie

Serving Size: Six 16 oz Cups

**1 Meat / Meat Alternate / 1 Milk / ½ Cup Fruit /
¼ Cup Vegetable (Dark Green)**

Blend oranges, bananas, and spinach
on high to combine

Add milk and yogurt to reach desired
consistency for smoothie



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INGREDIENTS

- 1 ½ cups mandarin oranges
- 3 small bananas
- 1 ½ cups raw spinach
- 48 oz fat free milk
- 3 cups low fat vanilla yogurt

Southwest Black Bean Parfait

Serving Size: Four 12 oz Cups
2 Meat Alternate / 1 Grain / ½ Cup Vegetable

Alternate layers of yogurt, rice, beans, lettuce, and salsa until glasses are filled to the top

Squeeze a little lime on each parfait and top with cilantro



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INGREDIENTS

- 2 cups nonfat plain yogurt
- 1 tablespoon southwest seasoning
- 2 cups cooked brown rice
- 1 cup cooked black beans
- 1 cup lettuce
- 1 cups salsa
- ¼ cup chopped cilantro
- 2 tablespoons lime juice

Recipe provided courtesy of
Upstate Niagara Cooperative, Inc.

Chicken Burrito Parfait

Serving Size: Four 16 oz Cups
2 Meat / Meat Alternate / 1 Grain / ½ Cup Vegetable

Alternate layers of yogurt, rice, beans, lettuce, salsa and cooked chicken until glasses are filled to the top

Squeeze a little lime on each parfait and top with cilantro



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INGREDIENTS

- 2 cups nonfat plain yogurt
- 1 tablespoon southwest seasoning
- 2 cups cooked brown rice
- 1 cup cooked black beans
- 1 cup lettuce
- 1 cups salsa
- 8 oz cooked fajita chicken
- ¼ cup chopped cilantro
- 2 tablespoons lime juice

Roger Rabbit Smoothie

Serving Size: Six 16 oz Cups

**1 Meat / Meat Alternate / 1 Milk / ½ Cup Fruit /
¼ Cup Vegetable (Orange/ Red)**

Blend carrots, pineapple, ginger, and
cinnamon together

Add fat-free milk and vanilla yogurt,
then blend and serve



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INGREDIENTS

- 3 cups raw carrots grated
- 3 cups pineapple chunks
- 1 tablespoon ground ginger
- 3 cups vanilla low fat yogurt
- 48 oz fat free milk
- 1 tablespoon ground cinnamon

Super Green Smoothie

Serving Size: Four 16 oz Cups

2 Meat Alternate / 1 Grain / ½ Cup Vegetable

Blend spinach, pineapple and honey together

Add milk and yogurt, then blend to
achieve a “super green” appearance



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ASSOCIATION FOR THE ^{UNITED STATES}

INGREDIENTS

- 1 ½ cups raw spinach
- 3 cups frozen pineapple chunks
- 3 cups vanilla low fat yogurt
- 6 tablespoons honey
- 48 oz fat free milk

Apple Yogurt Smoothie

Serving Size: Six 16 oz Cups
1 Meat Alternate / ½ Cup Fruit

Mix all ingredients in a blender or food processor until smooth and pour into tall glasses

Garnish with sliced almonds, julienne mint and ½ teaspoon of honey, if desired



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ASSOCIATION NORTH
EAST

INGREDIENTS

- 6 cups lowfat vanilla yogurt
- 3 granny smith apples, cored, peeled and diced
- 1½ cups orange juice
- 1½ cups ice
- 6 tablespoons honey

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