

Cheese Roll-Me-Ups

(Ham & Cheese Roll-Up)

Serves 4

Ingredients

- 4 slices white bread
- 2 oz. thin sliced cooked ham
- 4 (1 oz.) Colby-Monterey Jack cheese sticks
- ½ cup honey mustard salad dressing
- Toothpicks

Directions

1. Cut crusts from bread slices.
2. With rolling pin, roll out each bread to ¼ inch thickness
3. Place ¼ of ham on each bread slice.
4. Top each with cheese stick; roll-up.
5. Place toothpicks at 1 inch intervals, starting ½ inch from end
6. Cut pieces between toothpicks.
7. Serve with salad dressing for dipping.



Nutrition Facts:

Calories 230
Total Fat 14 g
Protein 16 g
Calcium 20% Daily Value



Tip from Coco:

Cheese is good source of protein to build healthy bodies.

Cheesy Sweet Cakes

(Quick Cheesecake)

Serves 4

Ingredients

- 4 whole wheat graham crackers
- 4 T. Ricotta cheese
- 4 T. jam of your choice

Directions

1. Spread graham crackers with Ricotta cheese.
2. Top with your favorite jam.



Nutrition Facts:

Calories 135
Total Fat 3 g
Protein 3 g
Calcium 5% Daily Value



Tip from Coco:

Cheese is one of the healthiest snacks for your teeth.

Berrylicious Smoothie

(Simple Strawberry Smoothie)

Serves 4

Ingredients

- 2 C. low-fat milk
- 4 C. low-fat vanilla yogurt
- 2 C. frozen strawberries
- Sugar or honey to taste

Directions

1. Combine all ingredients in a blender.
2. Cover and blend until smooth.



Nutrition Facts:

Calories 270
Total Fat 4 g
Protein 15 g
Calcium 60% Daily Value



Tip from Coco:

Yogurt has calcium to keep your bones and teeth healthy.

Crunch, Crunch, Peach

(Peach Parfait)

Serves 1

Ingredients

- ½ C. lightly drained canned sliced peaches
- ½ C. low-fat vanilla yogurt
- ¼ C. toasted oat cereal or granola

Directions

1. Layer peaches, yogurt, and cereal in a cup or small bowl.
2. Serve immediately or cover and refrigerate until ready to serve.



Nutrition Facts:

Calories 200
Total Fat 2 g
Protein 5 g
Calcium 15% Daily Value



Tip from Coco:

Yogurt is a delicious, nutritious snack to enjoy any time of the day!

Ice Cream Muffins

(Ice Cream Blueberry Muffins)

Make 12 muffins

Ingredients

- 2 C. all-purpose flour
- 1 pint vanilla ice cream
- 3 t. baking powder
- 1 pint blueberries
- ¼ C. sugar

Directions

1. Preheat oven to 375 degrees.
2. Spray 12-cup muffin pan with non-stick cooking spray.
3. Melt ice cream in the microwave for one-minute.
4. Add flour, sugar, and baking powder in a large bowl, stir together to combine.
5. Add the melted ice cream and mix with a spatula until uniform batter forms.
6. Add the blueberries and fold into batter.
7. Pour into muffin cups.
8. Bake for 18-20 minutes or until golden brown on top.
9. Cool in muffin tin for at least 5 minutes before removing them



Serving Size: 2 muffins

Nutrition Facts:

Calories 275
Total Fat 6 g
Protein 6 g
Calcium 18% Daily Value



Tip from Coco:

Did you know that it only takes 2 days for milk to get from the farm to your grocery store?

Ice Cream in a Bag

(Baggie Vanilla Ice Cream)

Makes 1 serving

Ingredients

- ½ C. whole milk
- 1 T. sugar
- ½ t. vanilla
- 1 T. salt
- Ice cubes

Supplies

- 1 small zip-lock sandwich bag
- 1 gallon-size zip-lock bag

Directions

1. Put milk, sugar, and vanilla into small zip-lock bag. Press out as much as air as possible. Seal bag.
2. Put sealed small bag into the large bag. Add 18-20 large ice cubes and salt to the large bag. Press out as much air as possible. Seal large bag.
3. Shake/knead the bag for 8-10 minutes, making sure the ice in the big bag surrounds the small bag.
4. When soft ice cream is formed, remove the small bag. Eat right out of the bag or pour into a small bowl.



Nutrition Facts:

Calories 125
Total Fat 4 g
Protein 4 g
Calcium 14% Daily Value



Tip from Coco:

Eat 3 dairy foods every day!

Sleepyhead Oatmeal

(Overnight Maple Oatmeal)

Makes 8 servings

Ingredients

- 4 C. low-fat milk
- $\frac{3}{4}$ C. maple syrup
- 1 t. cinnamon
- $\frac{1}{2}$ t. salt
- 1 $\frac{1}{2}$ C. steel-cut oats

Toppings, if desired

- Dried fruit of your choice, like cranberries, apricots, or raisins
- Chopped nuts of your choice, like pecans or walnuts
- Brown Sugar

Directions

1. Whisk the milk, syrup, cinnamon, and salt in a large bowl.
2. Spray inside of crockpot with cooking spray.
3. Spread oats on the bottom of the crockpot.
4. Pour the milk mixture over oats.
5. Cook on low for 7-8 hours.
6. If the oatmeal is too thick, add additional milk.
7. Serve with toppings, if desired.



Nutrition Facts:

Calories 300
Total Fat 1 g
Protein 8 g
Calcium 17% Daily Value



Tip from Coco:

Breakfast is the most important meal of the day.

Pudding Drink-Me-Up

(Chocolate Pudding Drink)

Makes 4 servings

Ingredients

- 4 C. low-fat milk
- 1 package instant chocolate pudding

Supplies

- 1 large pitcher with a tight fitting lid

Directions

1. Place all ingredients in pitcher and cover tightly.
2. Shake for 1 minute or until well blended.
3. Pour into glasses. Mixture will start out pourable and quickly thicken up. Have your spoons ready!



Nutrition Facts:

Calories 200
Total Fat 3 g
Protein 8 g
Calcium 30% Daily Value



Tip from Coco:

Did you know that chocolate milk is just as good for you as white milk?