



Healthy Bones Recipes

Beverages, Smoothies and Shakes

Pumpkin-Yogurt Cheesecake Shake

Teach students that making delicious snacks like this shake is easy and a great way to get important nutrients like vitamin A, calcium and fiber.

Ingredients

- 1 14-ounce can pumpkin, chilled
- 3 ounces reduced-fat cream cheese
- 1 6-ounce container low-fat vanilla yogurt
- 2 cups low-fat milk
- 1/4 cup brown sugar
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 6 teaspoons graham cracker crumbs, optional

Instructions

1. Place pumpkin, cream cheese and yogurt in a blender.
2. Add milk, brown sugar, vanilla, cinnamon and nutmeg.
3. Blend until smooth. Pour into glasses and top each serving with a teaspoon of graham cracker crumbs if desired.

Makes 6 servings

Source: 3-A-Day™ of Dairy

Mexican Hot Chocolate

In Mexico, people drink hot chocolate for breakfast, but you can try this recipe anytime! It is traditionally whipped with a wooden beater called a molinillo. A wire whisk can be used instead.

Ingredients

- 6 1-ounce squares sweet baking chocolate
- 6 cups low-fat milk
- 1 1/2 teaspoons cinnamon

Instructions

1. Combine all ingredients in a saucepan.
2. Cook over low heat until chocolate is melted and ingredients are blended.
3. Beat with a whisk until foamy.
4. Pour into mugs and serve.

Makes 12 4-ounce servings

Strawberry-Banana Smoothie

For a frostier smoothie, freeze the banana.

Ingredients

- 1 large banana, peeled.
- 1 cup whole, frozen strawberries
- 1 1/2 cup low-fat milk
- 6-ounce carton low-fat strawberry yogurt

Instructions

1. Break banana into pieces and place in a blender jar.
2. Add strawberries, milk and yogurt.
3. Cover and blend until smooth.

Makes 2 servings

Beverages, Smoothies and Shakes (continued)

Yo-Mango Smoothie

Mangos are the most popular fruit in the world! Have students find out where mangos are grown and locate the countries on the map. Feel, smell and taste fresh mangos. Describe the taste then talk about the clue that tells us they're an excellent source of vitamin A (the deep orange color)! Send this recipe home for children to make with their families.

Ingredients

4-7 ice cubes
1 cup vanilla, fat-free yogurt
3/4 cup mango slices in extra light syrup, drained*
Mango slices for garnish (optional)

Instructions

1. Place ice in bottom of blender.
2. Add yogurt, mango, and cover.
3. Blend until smooth.
4. Pour into a tall glass and garnish with mango slices, if desired.

* Look for mangoes in jars in the grocery store produce section.

Makes 2 servings

Source: 3-A-Day™ of Dairy

Lip-Lickin' Limeade Milk Chiller

Chill out with this yummy, frosty and green milk mixer.

Ingredients

1 cup fat-free milk
1 cup lime sherbet
1/4 cup frozen limeade concentrate, not thawed or diluted
Lime slices (optional)

Instructions

1. Place milk, sherbet and limeade concentrate in blender container.
2. Cover; blend until smooth.
3. Pour into frosted glasses; garnish with lime slices, if desired.

Makes 2 servings

Source: Dairy Management, Inc.



Dips

Hot Pizza Dip

This easy recipe is great served with whole-grain bread sticks for classroom parties or an after-school snack.

Ingredients

6 ounces light cream cheese
1/2 cup light sour cream
1 teaspoon oregano
1/2 cup pizza sauce
1 cup low-moisture, part-skim Mozzarella cheese, shredded
1/4 cup diced red peppers
1/4 cup sliced green onions
1/2 cup Parmesan cheese, grated
Whole-wheat bread sticks or crackers

Instructions

1. Place cream cheese, sour cream and oregano in bowl. Stir until smooth.
2. Spread evenly into 9-inch pie plate or quiche pan.
3. Bake at 350 degrees F for 10 minutes, or until cheese melts.
4. Serve with whole-wheat bread sticks or crackers.

Makes 10 servings

Source: 3-A-Day™ of Dairy

Lemon-Raspberry Dip

Serve with a rainbow of fresh fruit for dunking! It's sure to tempt even the most hesitant tasters.

Ingredients

1 6-ounce (or 8-ounce) container low-fat lemon yogurt
1/2 cup unsweetened, frozen raspberries, thawed
1 tablespoon raspberry jam

Instructions

1. Place yogurt in a small mixing bowl.
2. Add raspberries to yogurt. Stir until blended.
3. Add raspberry jam. Stir well again.
4. Enjoy with chunks and slices of fresh cut fruit.

Makes 1 3/4 cup

Creamy Salsa Dip

Have a Mexican food tasting fiesta. Serve with cut fresh vegetables or baked tortilla chips.

Ingredients

1 cup plain, low-fat yogurt
1/2 cup prepared salsa
1 1/2 tablespoons fresh cilantro
1/2 teaspoon salt

Instructions

1. Scoop yogurt into a bowl.
2. Add salsa, cilantro and salt.
3. Mix well.
4. Enjoy with fresh cut vegetables, whole grain crackers or baked tortilla chips.

Makes 1 1/2 cups

Dips

Honey-Lime Fruit Dip

Serve with cut, fresh fruit for a tasting party. For St. Patrick's Day, stir in a few drops of green food coloring and serve with green grapes, and Anjou pear, green apple and kiwifruit slices.

Ingredients

- 1 cup low-fat vanilla yogurt
- 1 tablespoon fresh lime juice
- 2 tablespoons honey

Instructions

1. Scoop yogurt into a small mixing bowl.
2. Add lime juice and honey.
3. Mix well.
4. Enjoy with cut fresh fruit.

Makes 1 cup

Maple Yogurt Dip

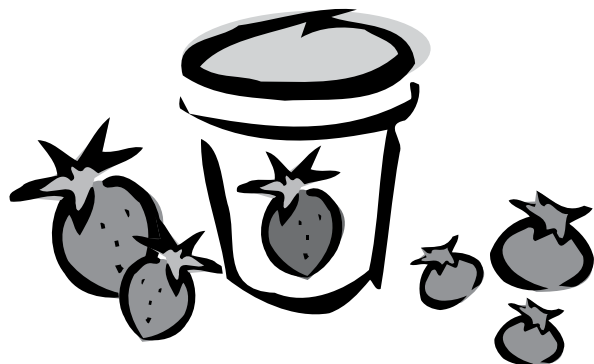
Serve this dip with several different types of apples. This is also a great topping for apple cobbler or pancakes. Using pure maple syrup will give you a more vibrant maple flavor.

Ingredients

- 1 8-ounce container plain yogurt
- 4 tablespoons maple syrup

Instructions

1. Place yogurt in a small mixing bowl.
2. Add maple syrup.
3. Mix until well-blended. Taste it. If you want it a little sweeter, add a little more maple syrup.
4. Serve with your favorite cut-up fresh fruit.



Snacks and Entrees

Creamy Orangesicles

This recipe also makes delightful smoothies. Place two frozen servings in the blender with a half-cup of low-fat milk. Try making it using other fruit-flavored gelatin. A great summer activity.

Ingredients

- 1 4-serving-size package orange-flavored gelatin
- 3/4 cup low-fat milk
- 1 6-ounce container low-fat vanilla yogurt*
- 1/2 cup boiling water

*Substitute an 8-ounce container if desired

Instructions

1. Place gelatin mix in a medium-size bowl. Add boiling water. Stir until gelatin mix is completely dissolved.
2. After mixture cools slightly, add milk and yogurt. Stir until all ingredients are blended.
3. Spoon into freezer-pop molds or 5-ounce paper cups. If using paper cups, cover with foil and insert a wooden pop stick. Freeze for several hours until firm.

Makes 6 servings

Source: National Dairy Council®, www.NutritionExplorations.org

Fruity-Mosaic Pizzas

Instructions

- 1 cup part-skim ricotta cheese
- 2 tablespoons powdered sugar
- 8 rice cakes
- 2 cups (about 1/4 cup per person) assorted fresh and dried fruits, such as kiwi, blueberries, mandarin orange segments, strawberry slices and dried cranberries
- Optional: 1-2 drops food coloring

Instructions

1. Measure ricotta cheese into a small bowl.
2. Add powdered sugar and vanilla. Mix until well blended.
3. Optional: Add a few drops food coloring for a colorful background.
4. Spread a layer of ricotta cheese (about 2 tablespoons) on each rice cake.
5. Decorate with different fruits to create a mosaic.

Makes 8 servings

Tortilla Wheels

Ingredients

- 1 medium carrot
- 2/3 cup softened cream cheese with garden vegetables
- 2 flour tortillas (10 inches across)
- 6 slices thinly sliced cooked turkey
- 6 slices mozzarella cheese

Instructions

1. Peel the carrot with the vegetable peeler.
2. Spreads 1/3 cup of the cream cheese over each tortilla using the table knife.
3. Tops each tortilla with 3 slices of the turkey, 3 slices of cheese and half the shredded carrot
4. Cut each tortilla roll into 8 slices, using a serrated knife. Serve immediately.

Makes 4 servings

Snacks and Entrees

Veggie-Cheddar Cracker Sandwiches

Ingredients

24 whole-wheat crackers
6 ounces Cheddar cheese, cut into 12 slices
12 cucumber slices
3 large tomato slices, cut into quarters

Instructions

1. Place a piece of cheese on a cracker.
2. Add a cucumber slice, then a tomato slice.
3. Top with another cracker.

Makes 12 sandwiches

Zesty Ricotta Bake

Ingredients

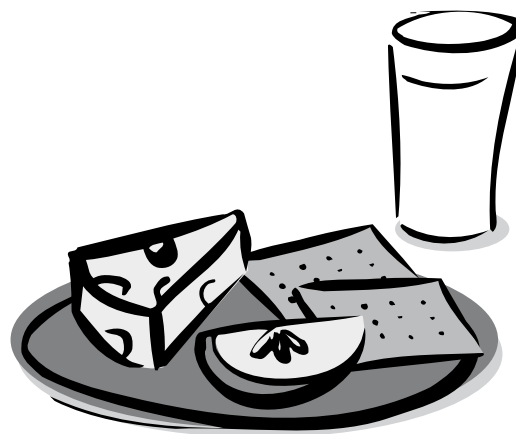
1 package (ounces) corkscrew pasta
1 package (6 ounces) grated part-skim mozzarella cheese
1 package (10 ounces) frozen chopped spinach, thawed
2 eggs, lightly beaten
15 1/2 ounce part-skim ricotta cheese
1 jar (14 ounces) prepared spaghetti sauce 2/3 cup
grated parmesan cheese
1 teaspoon salt
1/2 teaspoon ground black pepper non-stick cooking spray

Instructions

1. Preheat oven to 375 degrees F.
2. Cook pasta according to package directions; drain and set aside.
3. Spray a 13 x 9 x 3-inch pan with cooking spray.

4. In colander, squeeze the spinach to remove as much liquid as possible.
5. In a large bowl, put half of the grated mozzarella cheese. Add all other ingredients; stir well. Spoon into pan.
6. Cover with foil and bake until hot, about 15-20 minutes.
7. Remove foil. Sprinkle remaining mozzarella cheese on top.
8. Bake until cheese melts, 5-10 minutes.

Make 8 servings



Snacks and Entrees

Cheesy Chicken Crunchers

Ingredients

1 cup all-purpose flour
Salt
Pepper
4 egg whites
1/2 cup 2% reduced-fat milk
1 1/2 cups cornflakes
1 cup (4 ounces) reduced-fat, shredded Cheddar cheese
6 chicken breast filets; cut into strips
Non-stick cooking spray

Instructions

1. Preheat oven to 375 degrees F.
2. Set up three bowls with the following: 1) flour mixed with a pinch of salt and pepper; 2) an egg-wash; made by beating the eggs and milk together; 3) cornflakes mixed with cheese.

3. Coat a 13 x 9-inch baking pan with non-stick cooking spray.
4. Dip chicken pieces in flour, then into the egg-wash, then roll in the cheesy-flakes mixture, coating the entire piece of chicken and place on the baking pan. Discard any unused cornflake mixture after coating chicken.
5. Bake for 25 minutes, turning halfway through to ensure even browning.
6. Serve with ketchup or BBQ sauce if desired.

Makes 6 servings

Source: 3-A-Day™ of Dairy, Recipe created by Chef Jon Ashton of Orlando, Florida

Baked Apples with Cinnamon-Yogurt Topping

Invite your school nutrition director to help prepare this recipe and talk to the students about healthy snacks. Then send the recipe home as an example of a nutritious snack parents can make at home.

Ingredients for Baked Apples

4 Granny Smith or Gala apples
3/4 cup brown sugar
1/4 cup cornstarch
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon salt
1/4 cup unsweetened apple juice (or apple cider)

Ingredients for the Cinnamon-Yogurt Topping

2 1/2 containers (8-ounces each) low-fat plain yogurt
2 tablespoons honey
1/4 teaspoon cinnamon

Instructions

1. Preheat oven to 350 degrees F. Spray an 8 x 8-inch baking dish with nonstick cooking spray; set aside.
2. Core and thinly slice apples. Place in a medium bowl and toss with apple juice. Mix brown sugar, cornstarch, cinnamon, nutmeg and salt together in a small bowl. Sprinkle over apples and stir gently until apples are coated.
3. Pour apples into prepared baking dish.
4. Bake in preheated oven 40 minutes or until apples are slightly browned at edges and sauce is bubbling.
5. Line a colander with several paper towels and place over a bowl to catch drips. Pour yogurt into colander and drain about 30 minutes.
6. Spoon yogurt into a small bowl and stir in honey and cinnamon. Serve apples warm and top each serving with 1/4 of the yogurt topping.

Makes 4 servings

Source: 3-A-Day™ of Dairy, Recipe created by Chef Michael Bussinger of San Francisco

Snacks and Entrees

Monterey Jack Pita Pizza

Ingredients

- 1 whole-wheat pita bread (6-inch)
- 1/2 cup shredded, reduced-fat Monterey Jack or Mozzarella cheese
- 2 ounces cooked deli-style or grilled chicken, cut into strips
- 1/2 cup diced fresh pineapple or canned pineapple tidbits in its own juice, drained
- 3 teaspoons pizza or pasta sauce
- 2 teaspoons finely chopped green onion
- Chopped parsley for garnish (optional)

Instructions

1. Preheat oven to 375 degrees F.
2. Split pita into 2 rounds by placing pita flat on work surface and carefully cutting around the edge. Separate the 2 rounds and place, cut side up, on a work surface.
3. Spread each pita round with 1 1/2 teaspoons of pizza sauce. Top each pita with half of the cheese, chicken, pineapple, onion and parsley, if desired.
4. Bake for 8-10 minutes or until cheese is melted and edges are browned.

Makes 2 servings

Source: 3-A-Day™ of Dairy

