KIDS IN THE KITCHEN

Healthy dairy recipes for you and your kids to enjoy together!
Kids in the Kitchen ...

Getting kids into the kitchen is a great way to not only spend time with them, but also to reinforce that a healthy, well-balanced diet is important.

Additionally, they learn skills that they can use for the rest of their lives, no matter what age they start helping out in the kitchen.

Children are more likely to eat what they make and tend to be more adventurous eaters if they help prepare their meals. Including dairy as a part of a well-balanced diet is a great way to ensure kids are getting the nutrients they need.

Milk’s nine essential nutrients can help kids and teens grow healthy and strong. At home, at school, or on the go, here are great ways to make nutrient-rich foods, including three servings of dairy foods each day, part of your child’s daily routine!

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BREAKFAST

Chocolate Banana Frappe

Satisfy your sweet tooth with this protein-filled, energy boosting chocolate treat that kids of all ages will love.

READY IN: 30 MINUTES  YIELDS: 4 SERVINGS

INGREDIENTS

1 cup chocolate milk
1 cup white milk
2 (6-ounce) containers vanilla Greek yogurt
1 large ripe banana, peeled
1 tablespoon unsweetened cocoa powder
1 cup ice cubes
Chocolate sprinkles (optional)

1. Slice banana and freeze for 30 minutes.
2. Combine milk, yogurt, banana, cocoa powder and ice cubes in blender.
3. Blend until smooth and frothy. Top with chocolate sprinkles if desired.

The BASICS

Make sharing the kitchen with the kids even easier by going over some of the basics.

LIQUID MEASURING CUPS

ELECTRIC BLENDER
Use to mix, puree, or emulsify food.

RUBBER SPATULA
Use to lift and flip food items during cooking.

WIRE WHISK
Use to blend ingredients smooth or incorporate air into a mixture.

HOW TO MEASURE

LIQUID MEASURING CUPS
Use clear glass or plastic liquid measuring cups for milk and all liquids. Measure liquids by reading the measure on the cup at eye level.

DRY MEASURING CUPS
Use dry or stacking measuring cups for all dry ingredients. Measure by spooning ingredient into the cup until it’s completely full, then level off with the straight edge of a rubber spatula.

MEASURING SPOONS
For spoons, first read the measurement on the spoon to select the correct one. Fill the measuring spoon as close to the top as possible with liquids. With dry ingredients, level off with the straight edge of a rubber spatula.
Baked Oatmeal

This quick, wholesome, low-calorie meal will power anyone’s morning with steady, consistent energy.

PREP TIME: 5 MINUTES COOK TIME: 2 1/2 MINUTES YIELDS: 1 SERVING

INGREDIENTS

- 3 tablespoons old-fashioned oats
- 1 tablespoon ground flaxseed meal
- 1/4 teaspoon baking powder
- 2 tablespoons sugar
- 1 egg, lightly beaten

1. Combine all ingredients in large microwave-safe mug.
2. Microwave on HIGH 2 1/2 minutes or until fully cooked.
3. Top with additional yogurt, fruits and nuts, if desired.

An 8-ounce serving of milk, white or flavored, has as much calcium as 10 cups of raw spinach!

Calcium helps build and maintain strong bones and teeth. It helps reduce the risk of stress fractures and osteoporosis later in life and it plays a vital role in promoting normal blood pressure.

Buttermilk Banana Bread Muffins

These grab-and-go muffins call to mind banana bread. Flaxseed and walnuts adds a double punch of healthy omega-3 fats.

PREP TIME: 10 MINUTES YIELDS: 12 MUFFINS

INGREDIENTS

- 1 cup mashed ripe banana
- 1/3 cup buttermilk
- 4 tablespoons butter, melted
- 1 large egg
- 3/4 cup packed brown sugar
- 1 1/8 cups all-purpose flour
- 1/4 cup ground flaxseed meal
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 cup chopped walnuts

1. Preheat oven to 350°. Combine first four ingredients in a large bowl; beat with a mixer at medium speed. Beat in sugar.
2. Combine flour and next four ingredients (flaxseed through cinnamon). Add flour mixture to banana mixture; mix just until blended.
3. Spoon batter into a 12-count muffin tin filled with nonstick paper liners. Sprinkle each muffin with 1 teaspoon walnuts and bake at 350° for 20-25 minutes or until a wooden pick inserted in center comes out clean. Remove from oven; cool 5 minutes in pan. Remove muffins to wire rack and cool completely.

An 8-ounce serving of milk, white or flavored, has as much calcium as 10 cups of raw spinach!

Calcium helps build and maintain strong bones and teeth. It helps reduce the risk of stress fractures and osteoporosis later in life and it plays a vital role in promoting normal blood pressure.
Preheat oven to 350˚.

Cook fresh chopped broccoli for 2-3 minutes in microwave. Mix together all ingredients in large bowl until egg mixture is absorbed.

Line a large baking sheet with nonstick spray. Portion out mixture with spoon. Roll to make a ball, place on the baking sheet and repeat to make 16. Bake at 350˚ for 20-25 minutes or until golden brown.

INGREDIENTS
- 2 cups fresh chopped broccoli
- 1 cup plain panko-style bread crumbs
- 4 large eggs, lightly beaten
- 1 cup shredded Cheddar cheese
- 1 cup shredded mozzarella cheese
- 4 slices bacon, cooked and chopped
- 1 teaspoon sea salt
- 1/2 teaspoon garlic powder

Peanut Butter Whip

This recipe is easy to scale up or down depending on how many snacks you need. Just stay with a ratio of four parts yogurt to one part peanut butter.

PREP TIME: 10 MINUTES  YIELDS: 2 SERVINGS

INGREDIENTS
- 4 tablespoons plain Greek yogurt
- 1/2 teaspoon honey
- 1 medium apple, cored and sliced into 12 wedges
- 1 tablespoon creamy natural peanut butter
- 1/2 teaspoon honey

1. Combine yogurt, peanut butter and honey in a small bowl and whisk with a fork until well blended.

2. Serve immediately, or cover and chill until ready to use.

3. Divide apple wedges between two plates.

4. Spoon 2 tablespoons of peanut butter whip onto each plate.

Snacks

Research shows that children who consume a well-balanced breakfast are better students and increase their ability to focus.

Dairy foods are packed with essential nutrients, including protein, and offer great options for the morning meal.

Cheesy Broccoli Bites

These delicious, healthy and cheesy broccoli fritters double as the perfect kid-friendly recipe and crowd-pleasing appetizer.

PREP TIME: 20 MINUTES  COOK TIME: 25 MINUTES  YIELDS: 16 SERVINGS

INGREDIENTS
- 2 cups fresh chopped broccoli
- 1 cup plain panko-style bread crumbs
- 4 large eggs, lightly beaten
- 1 cup shredded Cheddar cheese
- 1 cup shredded mozzarella cheese
- 4 slices bacon, cooked and chopped
- 1 teaspoon sea salt
- 1/2 teaspoon garlic powder

1. Preheat oven to 350˚.

2. Cook fresh chopped broccoli for 2-3 minutes in microwave. Mix together all ingredients in large bowl until egg mixture is absorbed.

3. Line a large baking sheet with nonstick spray. Portion out mixture with spoon.

4. Roll to make a ball, place on the baking sheet and repeat to make 16.

5. Bake at 350˚ for 20-25 minutes or until golden brown.
Mac and Cheese Casserole Cups

This fun twist on the classic macaroni and cheese casserole is not just delicious, but it’s also a lot of fun to make!

PREP TIME: 20 MINUTES  COOK TIME: 15 MINUTES  YIELDS: 10 SERVINGS

INGREDIENTS

- 3 cups milk
- 2 1/2 tablespoons all-purpose flour
- 1 1/2 cups shredded Cheddar cheese
- 3/4 cup shredded mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 8 ounces elbow macaroni, cooked and drained

1. Preheat oven to 350°. In medium saucepan, add 1 cup of milk to flour, stirring constantly until lumps have dissolved. Add remaining milk, stirring thoroughly. Place on stove and simmer 15 minutes, stirring occasionally, until sauce thickens.

2. Add 1 cup of Cheddar, mozzarella and Parmesan cheese; stir until blended.

3. Line muffin tin with paper muffin cups and place one scoop of mac and cheese mixture into each muffin cup. Top with remaining cheese and bake 15 minutes or until golden brown.

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Cheesy Chicken Crunchers

These kid-friendly baked chicken fingers have extra protein from the cheese that’s added to the crispy cereal coating.

PREP TIME: 30 MINUTES  COOK TIME: 25 MINUTES  YIELDS: 6 SERVINGS

INGREDIENTS

- 1 cup all-purpose flour
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 4 egg whites
- 1/2 cup milk
- 1 1/2 cups cornflakes cereal
- 6 chicken breast fillets, cut into strips
- Nonstick cooking spray
- 1 cup shredded Cheddar cheese
- 1/2 cup grated Parmesan cheese
- 3/4 cup shredded mozzarella cheese
- 8 ounces elbow macaroni, cooked and drained

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

2. Coat a 13- x 9-inch baking pan with nonstick cooking spray. Dip chicken in flour, then into egg-wash, then roll in cereal mixture, coating entire piece of chicken and place on baking pan.

3. Discard any unused cereal mixture after coating chicken. Bake 25 minutes, turning halfway through to ensure even browning.
Cheesy Chicken Enchiladas

These easy, mouth-watering enchiladas are stuffed with cheese, chicken, salsa and topped with cilantro yogurt.

PREP TIME: 10 MINUTES  COOK TIME: 15 MINUTES  YIELDS: 8 SERVINGS

INGREDIENTS

- 2 cups low-fat plain yogurt
- 1 cup chopped cilantro
- 1 teaspoon ground cumin
- 1 (3-ounce) package cream cheese
- 2 cups chopped cooked chicken breast
- 1 (12-ounce) jar chunky salsa, divided
- 1 cup shredded Mexican-blend cheese
- 8 (6-inch) flour tortillas
- 1 (3-ounce) package frozen mini phyllo pastry shells
- 4 ounces cream cheese
- 3 tablespoons sugar, divided
- 1 (6-ounce) container honey vanilla Greek yogurt
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest
- 1/2 cup cranberry juice
- 1 tablespoon fresh lemon juice
- 1 cup blueberries

1. To prepare yogurt sauce, combine yogurt, cilantro and cumin. Cover and chill.
2. Heat cream cheese in large skillet over medium heat until soft. Stir in chicken and 1/2 cup salsa; mix well.
3. Add 1/2 cup shredded cheese; stir until melted. Spoon about 1/3 cup chicken mixture onto each tortilla; roll up.
4. Place seam side down in 12- x 8-inch baking dish. Top with remaining salsa and cheese. Bake at 350˚ for about 15 minutes or until heated through. Serve with yogurt sauce.

Blueberry Cheesecake Tartlets

This fresh, flaky blueberry dessert is filled with dairy goodness, using cream cheese and Greek yogurt.

READY IN: 30 MINUTES  YIELDS: 30 TARTLETS

INGREDIENTS

- 2 (1-ounce) packages frozen mini phyllo pastry shells
- 4 ounces cream cheese
- 3 tablespoons sugar, divided
- 1 (6-ounce) container honey vanilla Greek yogurt
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest
- 1/2 cup cranberry juice
- 1 tablespoon fresh lemon juice
- 1 cup blueberries

1. Bake pastry shells according to package directions and cool.
2. Beat cream cheese and 1 tablespoon sugar in bowl with electric mixer until creamy; add yogurt, vanilla and lemon zest, beating until smooth. Spoon mixture into cooled pastry shells and refrigerate.
3. Combine juices and remaining 2 tablespoons sugar in a small saucepan. Bring to boil over medium-high heat, stirring until sugar dissolves. Reduce heat to medium; stir in blueberries. Simmer 10 minutes or until blueberries begin to pop and sauce thickens; remove from heat and let cool. To serve, spoon sauce evenly in shells.
Strawberry Cheesecake Parfaits

This easy, no-bake snack offers an appetite-satisfying dose of protein in a creamy dessert package.

PREP TIME: 3 MINUTES  YIELDS: 4 SERVINGS

INGREDIENTS

1 cup ricotta cheese
1 cup Greek yogurt
4 teaspoons sugar
1/8 teaspoon vanilla

4 cups chopped strawberries
2 graham cracker sheets, coarsely crushed

1. Combine ricotta and next 3 ingredients until well blended.

2. Place 1/3 cup berries into each of four parfait glasses. Top each with 1/4 cup of ricotta mixture. Repeat layers, beginning and ending with berries. Sprinkle each parfait with 2 tablespoons of graham cracker pieces.

Flavored Milk:

THE GREAT SODA ALTERNATIVE

Flavored milk is a healthy alternative to soft drinks and fruit juice! It’s also a nutritional powerhouse, packing nine essential vitamins and minerals into one serving.

Nutrient-rich dairy foods not only help children and adults build healthy diets, they also contribute to healthier lives.

Studies show dairy foods, as a part of a healthy diet, improve overall diet quality and may contribute to better bone health, lower blood pressure, and reduced risk for cardiovascular disease and type 2 diabetes.

Health Benefits of Flavored Milk

* More muscle-building protein than juices and sodas
* Vitamins and minerals to help build and repair muscle, making it a great post-exercise beverage and a healthy alternative to sports drinks