

RECIPES

Healthy breakfasts and snacks with plenty of nutrients help fuel your kids to achieve! Try these nutritious recipes from MilkLife to get started cooking as a family.

Dairy milk is a wholesome nutritional powerhouse—each of these recipes will provide much-needed protein and vitamins for your growing child! You can use low-fat or skim milk to reduce the calories in each recipe if desired.

Back-to-School Breakfast Hack

These mini-casseroles may sound fancy, but they cook quickly and can provide a healthy, grab-and-go breakfast option for the entire week!

To make 12 mini-casseroles, you will need: canola oil spray, 4 or 5 slices of whole-wheat bread, 2 tablespoons of olive oil, 1 cup of reduced-fat shredded cheese, 3 scallions, a 10-ounce package of thawed frozen chopped spinach, 5 large eggs, 1 ¼ cups of low-fat milk, 1 teaspoon of a salt-free garlic and/or herb seasoning mix, and pepper to taste.

1. Coat a muffin tin with canola oil spray, and preheat the oven to 375°F.
2. Have your child cut the slices of bread into cubes while you slice the scallions and drain the thawed spinach.
3. Have your child measure the low-fat milk and shredded cheese while you measure the olive oil and the garlic and/or herb seasoning.
4. Have your child mix the cubed bread with the olive oil in a large mixing bowl, making sure the bread is coated. Add the cheese, scallions, seasoning, and pepper. Stir in the spinach. Have your child stir the mixture well.
5. Pour the mixture evenly into the 12 muffin tin cups.
6. Help your child crack 5 large eggs into a bowl, then beat in the milk. Help your child pour this mixture over the bread in each muffin cup.
7. Bake the casseroles for 30 minutes. Check to make sure the casseroles are done—the bread on top should be golden and crispy, and the muffin's center should be set. Your child can check the casseroles by inserting a toothpick into the center of one and seeing if it comes out dry.
8. Let the casseroles cool for 5 minutes before cutting around the edges to remove them from the muffin tin.

Veterans Day Ice Pops

These red, white, and blue ice pops provide plenty of protein and vitamins for your Veterans Day celebration.

To make 10 ice pops,

you will need: 1 cup of fat-free milk, 1 cup of vanilla Greek yogurt, ½ cup of raspberries, ½ cup of blueberries, and 2 large strawberries. You'll also need 10 ice-pop molds (or 10 3-ounce paper cups and ten ice-pop sticks).

1. Have your child measure the milk and yogurt, then whisk them together in a medium-size bowl.
2. Slice the 2 large strawberries into 5 slices each.
3. Have your child divide the fruit evenly among the ice-pop molds or cups—about 2 raspberries, 3 blueberries, and 1 strawberry slice per ice-pop mold.
4. Carefully pour the milk mixture into each ice-pop mold, covering the fruit. Try to divide the mixture evenly among the molds.
5. Have your child place the ice-pop sticks into each mold.
6. Freeze the ice pops for 6–8 hours or overnight. When you're ready to eat, run the molds under warm water to release the ice pops.



Tropical Mango Berry Smoothies

Make these smoothies with your child for a fun and easy breakfast or snack option!

To make 4 smoothies, you will need: 1 ½ cups of milk, ½ cup of vanilla yogurt, 2 cups of frozen strawberries, 1 cup of frozen blueberries, and 1 cup of frozen mango chunks.

1. Have your child measure the milk and yogurt into the blender while you measure the fruit.
2. Help your child add the fruit to the blender.
3. Show your child how to blend the mixture until it is smooth.
4. Carefully add additional milk or water if the smoothie is too thick and continue to blend.
5. Divide smoothie into 4 glasses and serve.