



Did You Know?

AN UNDENIABLY DAIRY COLORING BOOK

DairyGood.org



Co-Jack Cheese Crisps

10 servings • 30 min prep time

Ingredients:

- Non-stick [Cooking Spray](#)
- 1 package finely shredded [Colby Jack Cheese](#) (8oz)



Directions:



1 Preheat oven to [350°F](#).



2 Lightly coat rimmed baking sheet with non-stick cooking spray. Place [2 teaspoons Colby Jack Cheese](#) mounds 2 inches apart on baking sheet. Press mounds gently with fingers to flatten.



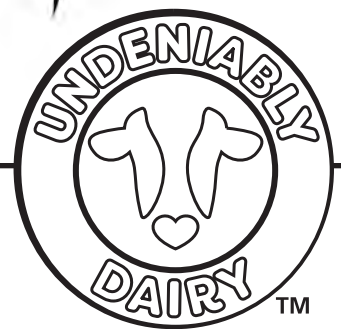
3 Bake until mounds are thin, bubbly and golden, [no more than 6 to 8 minutes*](#).
**Baking too long will make crisps too hard and not easily removed from the baking sheet.*



4 Immediately [transfer crisps to paper towels with a metal spatula](#).
Serve when crisps have cooled completely.

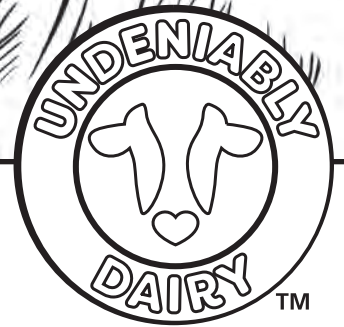
TIP: May be baked one day ahead and crisped before serving in oven at warm setting, for 4 to 5 minutes.





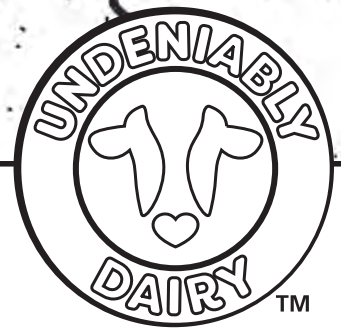
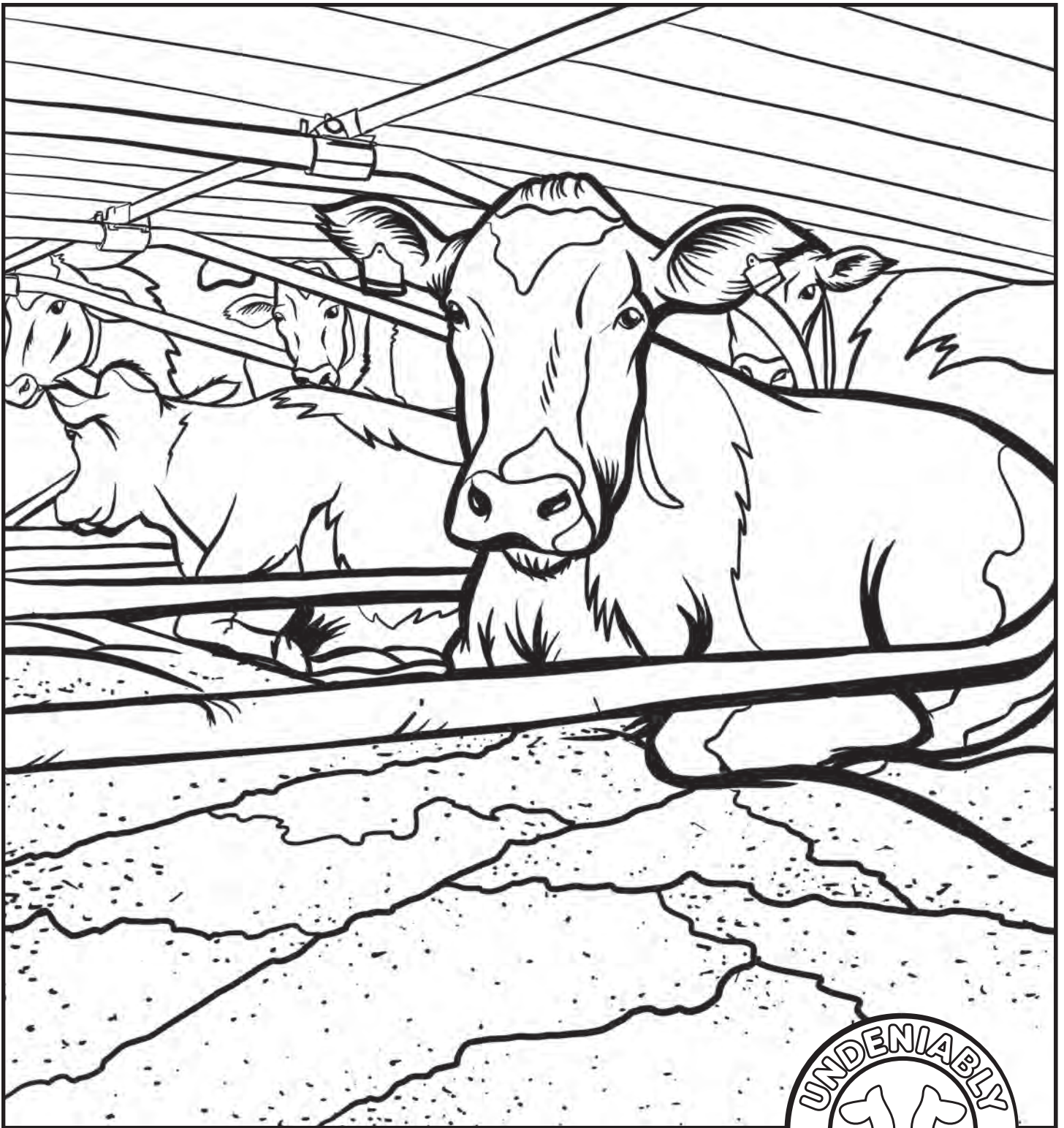
Did You Know?

Dairy foods like yogurt, cheese and milk make it easy to power up with protein all day.



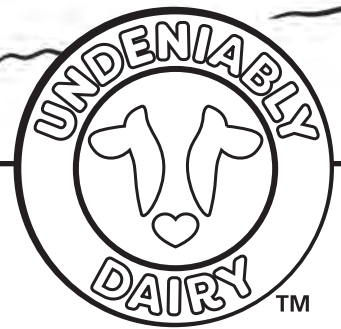
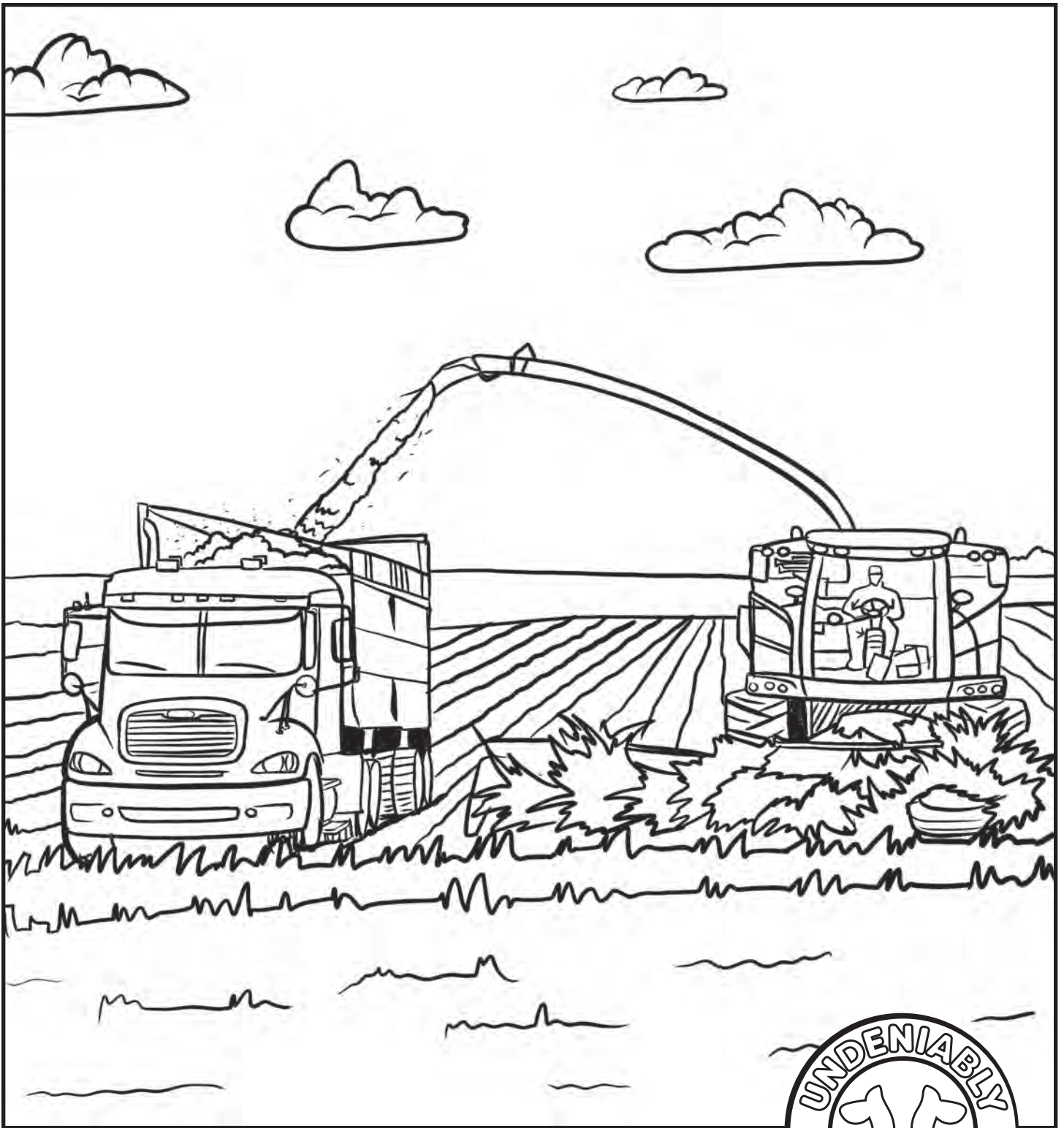
Did You Know?

Farmers and veterinarians are constantly making sure cows are comfortable.



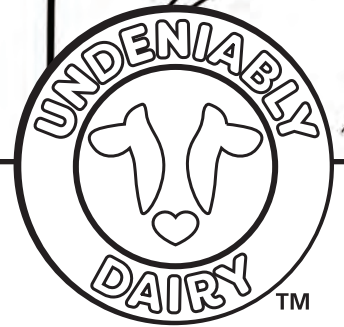
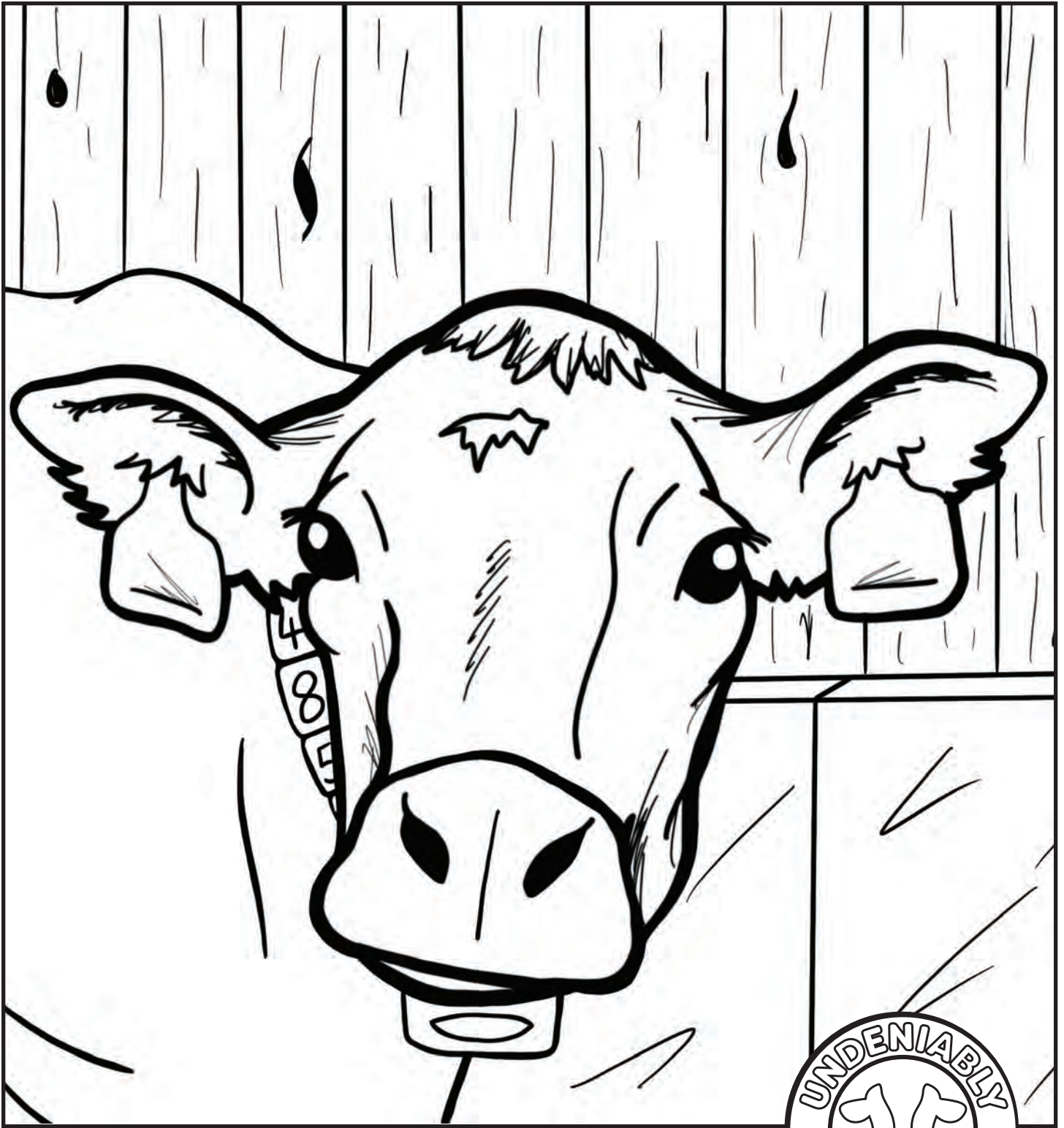
Did You Know?

Cows sleep on beds like we do.
These cows are laying on sand, like a beach!



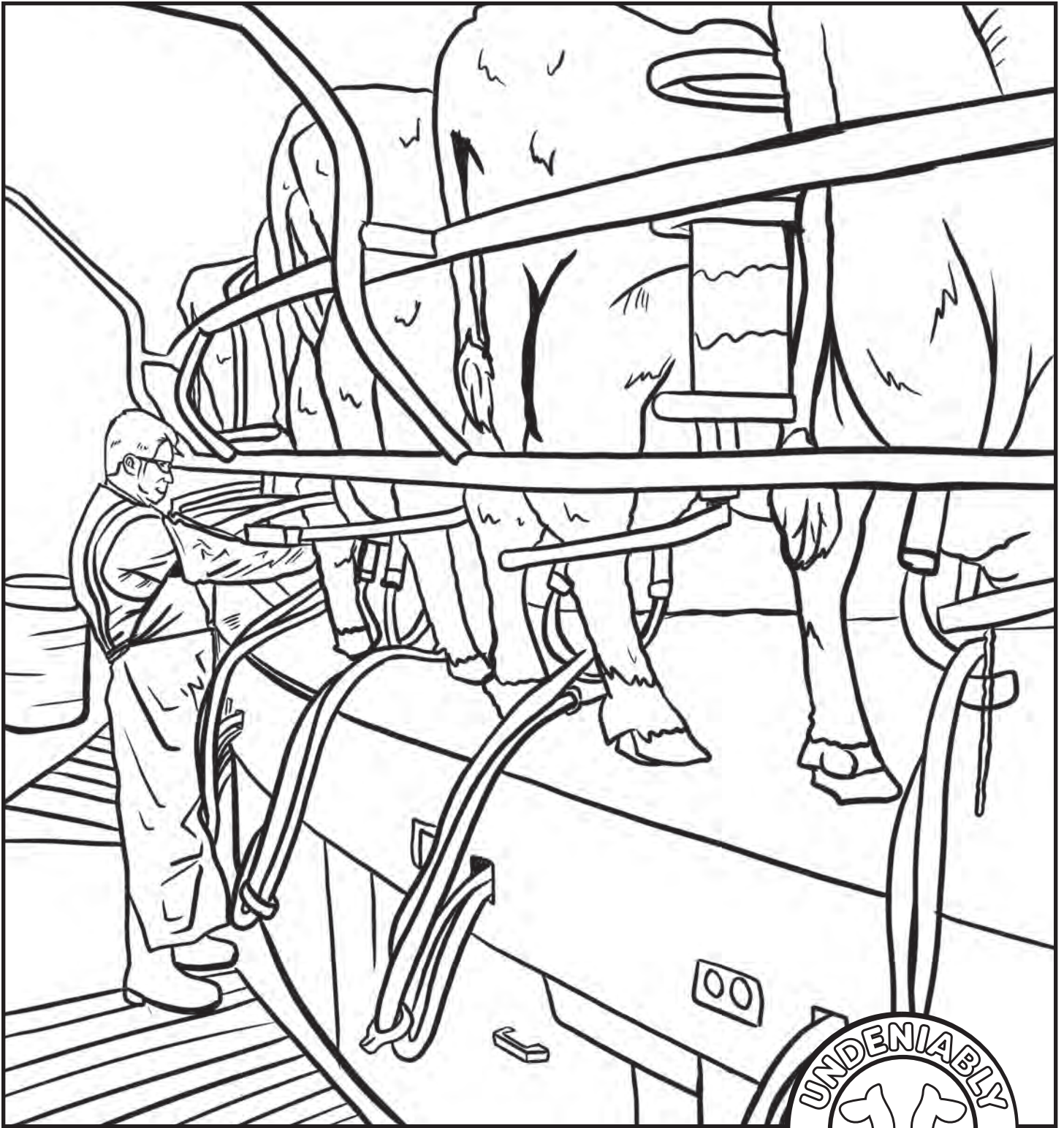
Did You Know?

Dairy farmers are the ultimate recyclers.
A dairy cow will eat the entire corn plant!



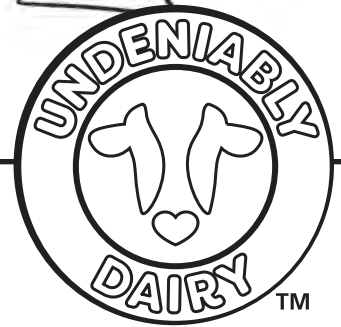
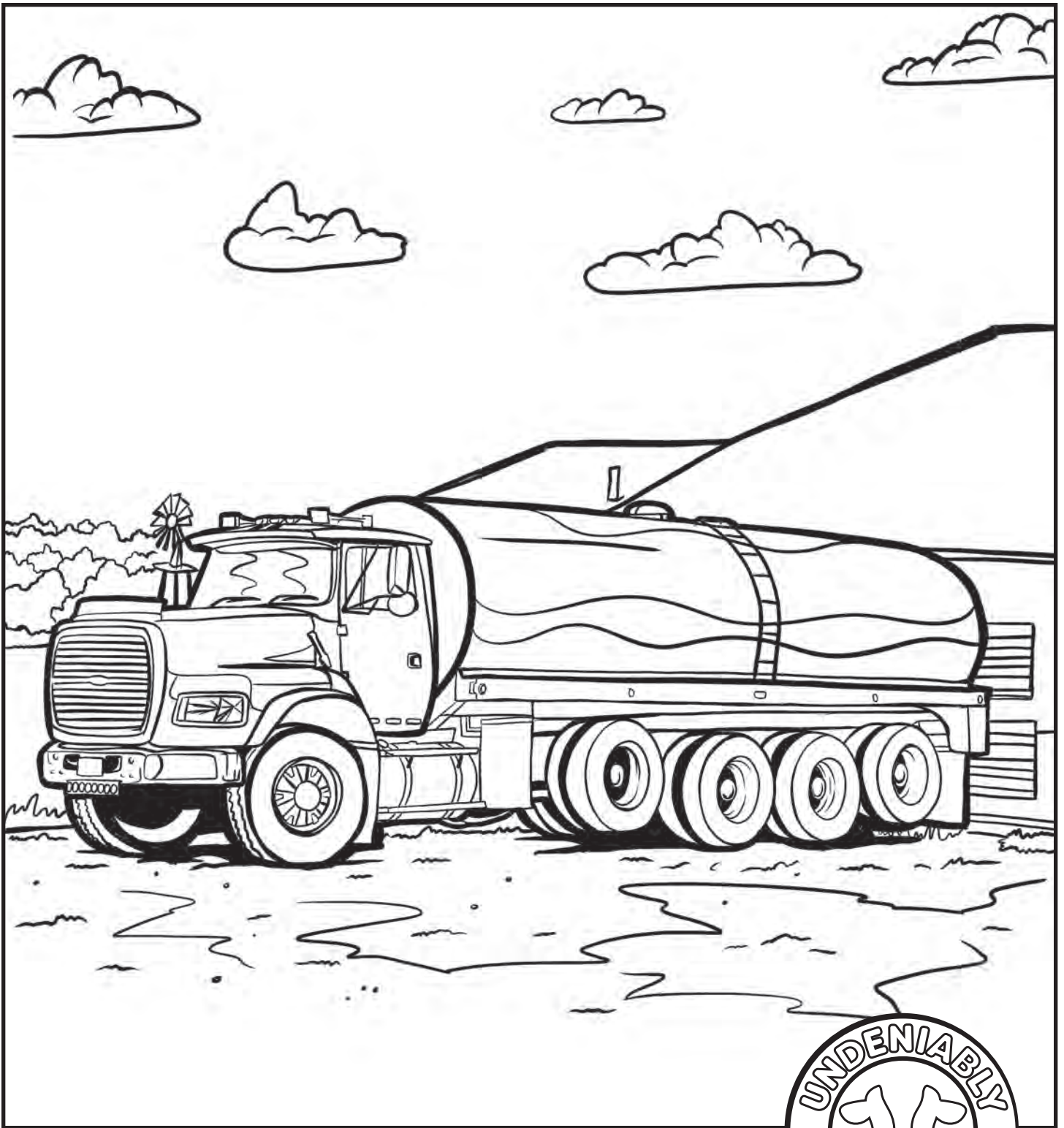
Did You Know?

Many cows wear activity trackers like some people which shows how much they eat, sleep and milk.



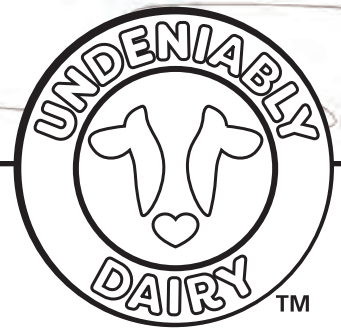
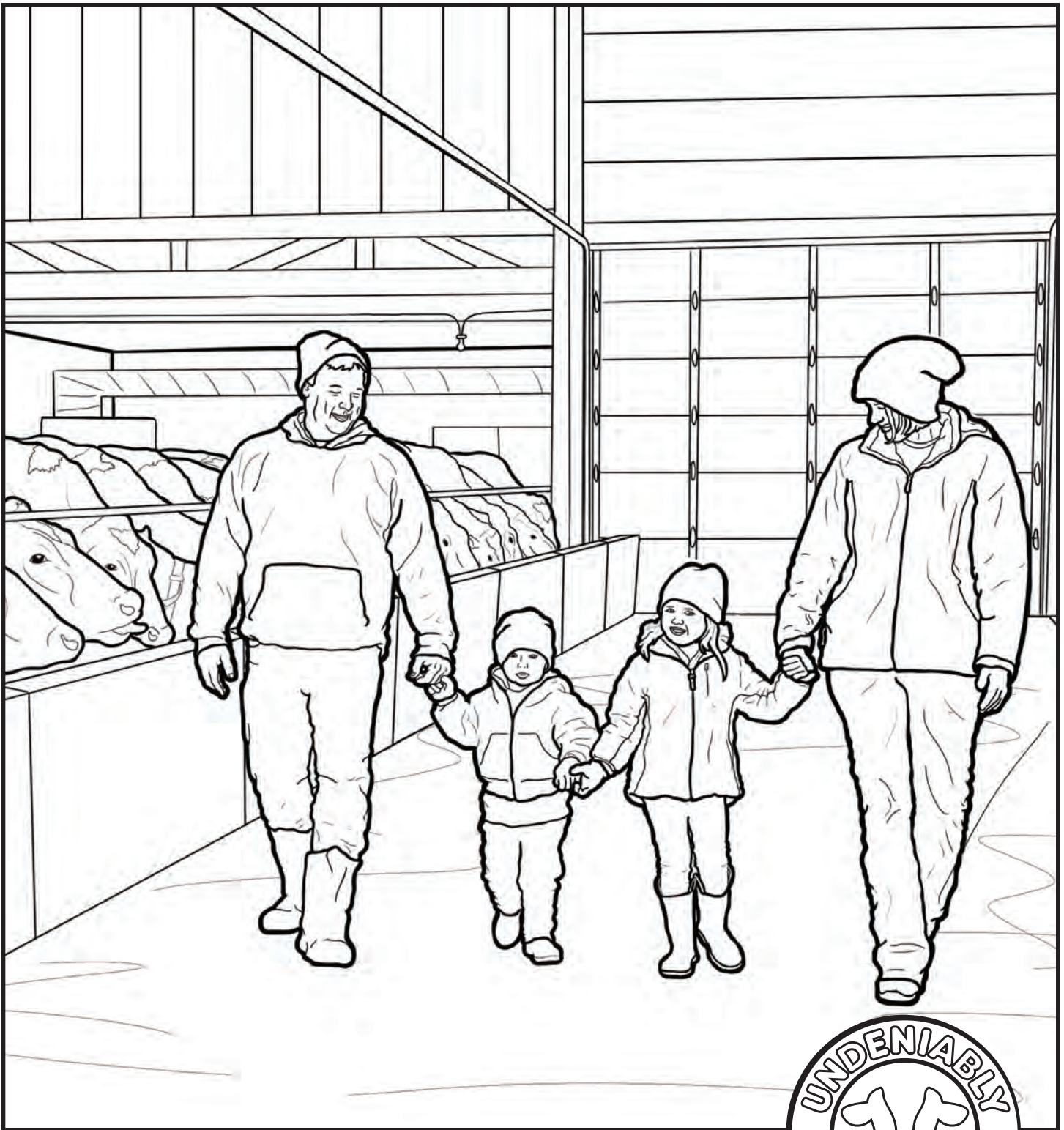
Did You Know?

On average, one cow gives about
7 gallons of milk per day.



Did You Know?

Most people in the U.S. live within 100 miles of a dairy farm. That's local!



Did You Know?

About 95% of U.S. dairy farms are family owned and operated.



Rainbow Unicorn Smoothie

4 servings

Ingredients:

- 1½ cups – Milk
- ½ cup – Vanilla Yogurt
- 2 cups – Frozen Strawberries
(about 10 large)
- 1 cup – Frozen Blueberries
- 1 cup – Frozen Mango Chunks

Optional Toppings

- 6 Tbsp – Whipped Cream
- 4 tsp – Unicorn Sprinkles
- Decorative Unicorn Horn Candles, Wick Trimmed



Directions:

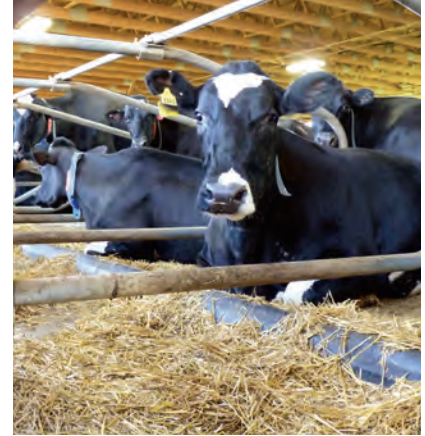
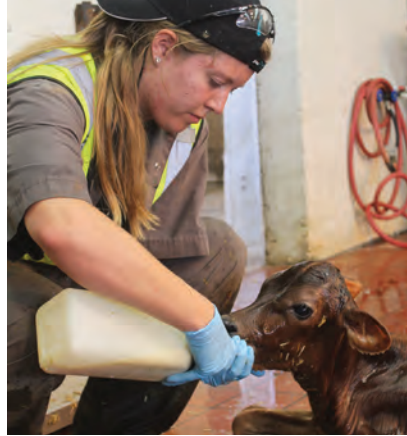


- 1 Combine ingredients and blend until smooth, adding additional milk to thin if needed.



- 2 Divide smoothie into 4 glasses and top with optional toppings.

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