INGREDIENTS

½ cup plain yogurt
1 cup strawberries, diced
4 frozen whole grain mini pancakes
¾ tsp maple syrup

INSTRUCTIONS

1. Thaw pancakes.
2. Mix together yogurt with maple syrup.
3. In a 12-oz cup layer 2 pancakes, ¼ cup yogurt mixture and ½ cup strawberries. Repeat layering.
4. Serve chilled (can be prepped ahead of time and refrigerated overnight).

NUTRITION FACTS: PER SERVING

Calories: 196
Total Fat: 7 g
Saturated Fat: 1 g
Cholesterol: 7 mg
Sodium: 213 mg
Iron: 2 mg

Calcium: 128 mg
Protein: 5 g
Carbohydrates: 40 g
Dietary Fiber: 3 g
Vitamin A: 995 iu
Vitamin C: 30 mg

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**Caprese Chicken Wrap**

Makes 4 servings

**INGREDIENTS**
- 4 whole grain tortillas
- 4 oz cooked chicken, shredded or diced
- 4 oz mozzarella cheese shredded or 4 cheese sticks
- 2 cups romaine lettuce, shredded
- 1 cup tomatoes, diced
- ¼ cup + ½ tsp ranch dressing
- ½ oz basil pesto

**INSTRUCTIONS**
1. Mix ranch dressing and basil pesto to make dressing.
2. Brush each wrap with 1 Tbsp of ranch pesto dressing.
3. Place 1 oz cheese in center of tortilla.
4. Arrange cooked chicken in center of tortilla, leaving 1-inch border all around.
5. Top with ½ cup romaine and ¼ cup tomatoes.
6. Roll tortilla and serve chilled, can be held overnight.

**NUTRITION FACTS: PER SERVING**
- Calories: 504
- Total Fat: 22 g
- Saturated Fat: 6 g
- Cholesterol: 84 mg
- Sodium: 872 mg
- Iron: 3 mg
- Calcium: 438 mg
- Protein: 46 g
- Carbohydrates: 36 g
- Dietary Fiber: 4 g
- Vitamin A: 101 iu
- Vitamin C: 0 mg

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INGREDIENTS

- 2 Tbsp + ½ tsp unsalted butter
- 1 clove garlic, minced
- 1 ½ cups whole milk
- ½ cup grated parmesan
- ¼ tsp iodized salt
- 14-inch pizza crust
- 2 cups mozzarella, shredded
- 8 oz chicken breast strips
- 1 cup peas

INSTRUCTIONS

2. Preheat oven to 500° F. Spread alfredo sauce over pizza crust. Scatter 1 cup mozzarella cheese over top, followed by chicken strips, peas and another 1 cup mozzarella cheese.
3. Bake for 15 minutes or until crust is cooked through and cheese is golden and bubbly.
4. Cut pizza into 8 slices and serve.

NUTRITION FACTS: PER SERVING

- Calories: 365
- Total Fat: 16 g
- Saturated Fat: 8 g
- Cholesterol: 60 mg
- Sodium: 731 mg
- Iron: 2 mg
- Calcium: 308 mg
- Protein: 22 g
- Carbohydrates: 33 g
- Dietary Fiber: 3 g
- Vitamin A: 453 iu
- Vitamin C: 2 mg

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Pizza Pizzazz Shaker

Makes 4 servings

**INGREDIENTS**
- 1 lb 4 oz whole grain rotini, cooked
- 1 tsp Italian herbs
- ½ cup pizza sauce
- 1 cup grape tomatoes
- ½ cup red pepper, diced
- ½ cup green pepper, diced
- 2 ½ oz turkey pepperoni
- 6 oz mozzarella, shredded
- ½ cup Italian dressing

**INSTRUCTIONS**
1. Prepare pasta al dente. Drain and cool. Toss pasta with Italian herbs and dressing.
2. For each individual salad, layer 2 Tbsp pizza sauce, 1 cup pasta, ¼ cup grape tomatoes, ½ cup red peppers, ½ cup green peppers, 8 turkey pepperoni slices and 1 ½ oz mozzarella.
3. Cover and keep refrigerated. Serve chilled, can be held overnight.

**NUTRITION FACTS: PER SERVING**
- Calories: 428
- Total Fat: 13 g
- Saturated Fat: 6 g
- Cholesterol: 35 mg
- Sodium: 609 mg
- Iron: 2 mg
- Calcium: 329 mg
- Protein: 22 g
- Carbohydrates: 53 g
- Dietary Fiber: 6 g
- Vitamin A: 1685 IU
- Vitamin C: 58 mg

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Fiesta Parfait
Makes 1 serving

INGREDIENTS
½ cup pinto beans, drained
½ cup low fat plain yogurt
½ tsp Mexican seasoning
6 Tbsp low sodium salsa
¼ cup iceberg lettuce
1 Tbsp Cheddar cheese, shredded

INSTRUCTIONS
1. Drain and rinse beans. Set aside.
2. Mix yogurt with Mexican seasoning. Set aside.
3. Using an 8-oz clear cup, layer drained beans, seasoned yogurt, salsa and shredded lettuce.
4. Garnish with cheese and serve with tortilla chips for dipping.

NUTRITION FACTS: PER SERVING
Calories: 160
Total Fat: 3 g
Saturated Fat: 2 g
Cholesterol: 12 mg
Sodium: 270 mg
Iron: 0% DV
Calcium: 20% DV
Protein: 11 g
Carbohydrates: 20 g
Dietary Fiber: 5 g
Vitamin A: 4% DV
Vitamin C: 2% DV

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Buffalo Chicken Parfait

Makes 1 serving

INGREDIENTS
½ cup fat free plain yogurt
¼ tsp onion powder
⅛ tsp granulated garlic
Pinch ground black pepper
Pinch freeze-dried chives
⅛ tsp dried parsley
1 oz cooked chicken, diced
1 tsp hot sauce
4 6-inch celery sticks
1 oz Cheddar cheese, shredded

INSTRUCTIONS
1. Mix yogurt with all spices. Set aside.
3. Using an 8-oz clear cup, layer seasoned yogurt, chicken and cheese.
4. Place celery sticks into cup and serve.

NUTRITION FACTS: PER SERVING
Calories: 250
Total Fat: 11 g
Saturated Fat: 6 g
Cholesterol: 60 mg
Sodium: 560 mg
Iron: 4% DV

Calcium: 30% DV
Protein: 27 g
Carbohydrates: 14 g
Dietary Fiber: 1 g
Vitamin A: 2% DV
Vitamin C: 15% DV

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