



Did You Know?

AN UNDENIABLY DAIRY COLORING BOOK



Mac and Cheese Casserole Cups

8 Servings • 10 min prep time • 30 min cook time

Ingredients:

- 3 cups milk
- 2½ tablespoons all-purpose flour
- 1½ cups mild cheddar cheese, shredded
- ¾ cup mozzarella cheese, shredded
- ½ cup parmesan cheese, grated
- 8 ounces elbow macaroni, cooked and drained



Instructions:



1 Preheat oven to 350°F.



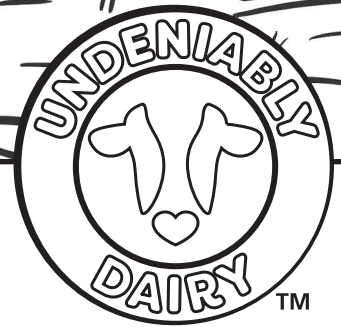
2 In medium saucepan, slowly add 1 cup of milk to flour, stirring constantly until all lumps have dissolved. Add the remaining milk, stirring thoroughly. Place on stove and simmer 15 minutes, stirring occasionally, until sauce thickens. Add 1 cup of the cheddar, mozzarella and parmesan cheese; stir until blended. Add macaroni, stirring gently to coat well. Line muffin tin with paper muffin cups and place one scoop of mac and cheese mixture into each muffin cup. Top with reserved ½ cup shredded cheddar.



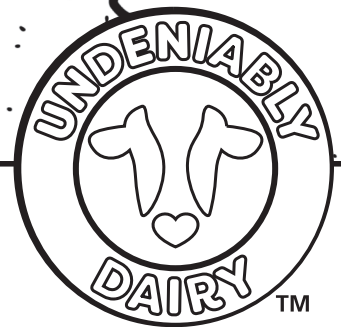
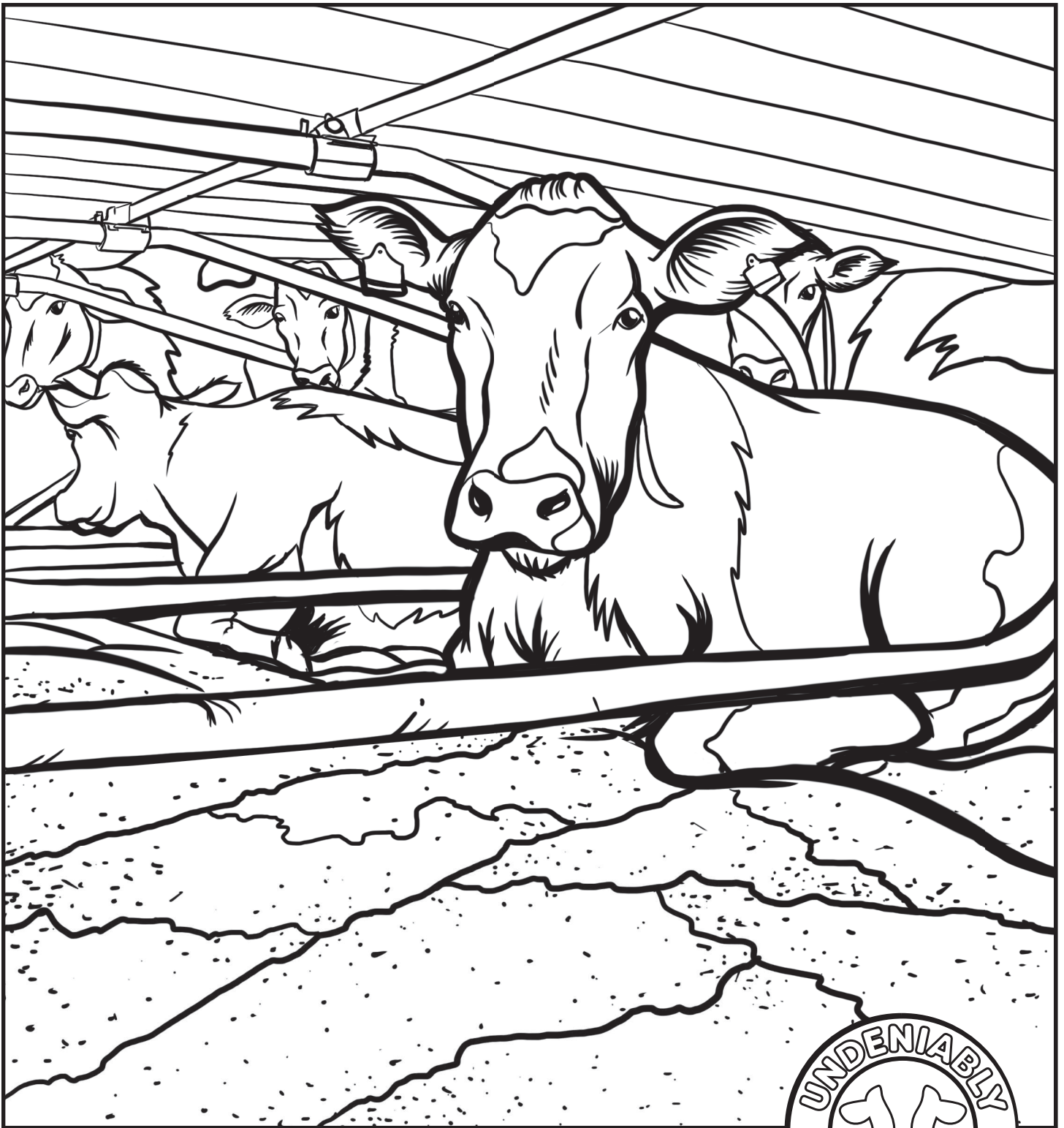
3 Bake 15 minutes or until golden brown. Let cool for 5 minutes before serving.



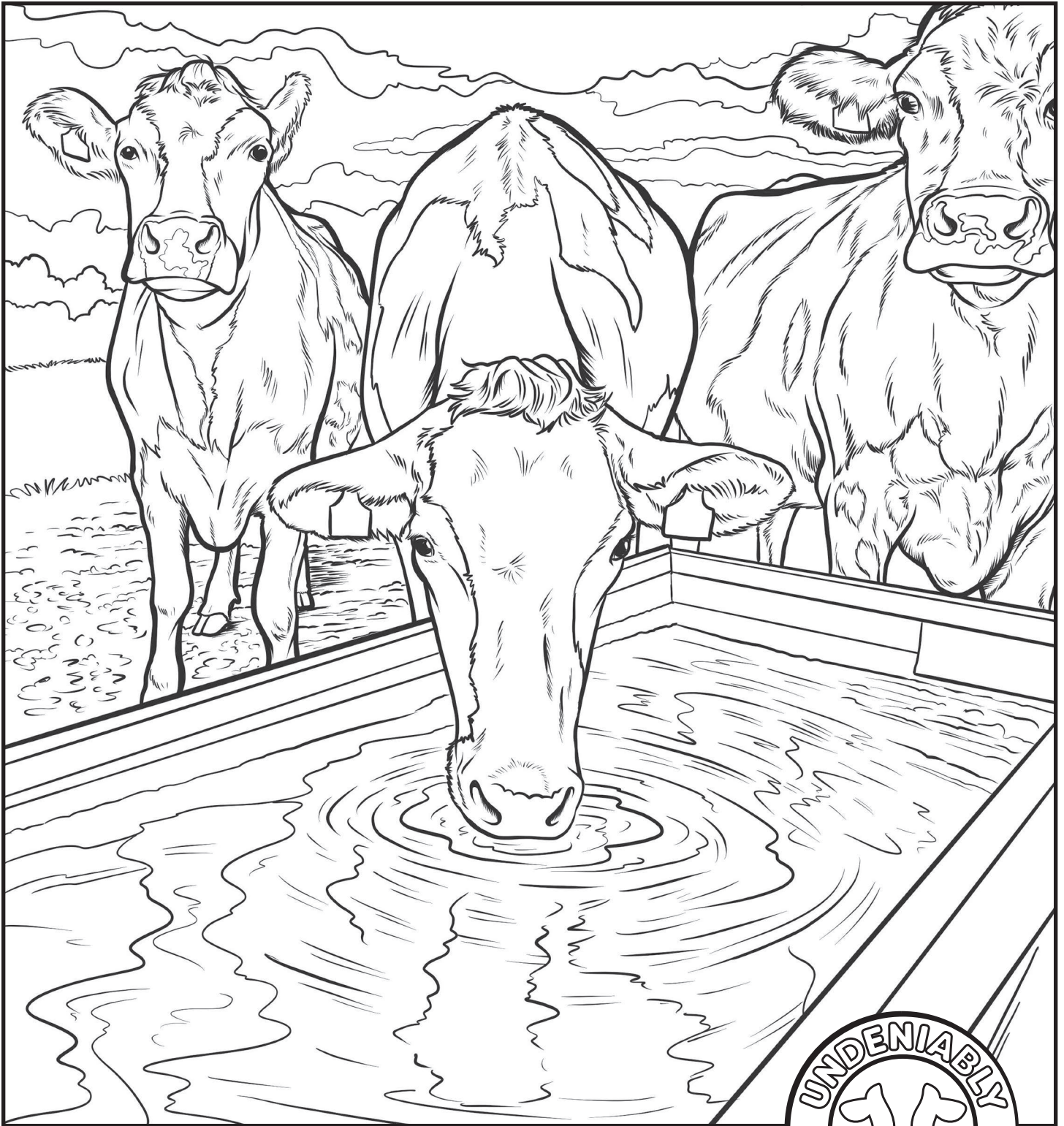
Snacking on cheese helps build and maintain healthy bones and teeth.



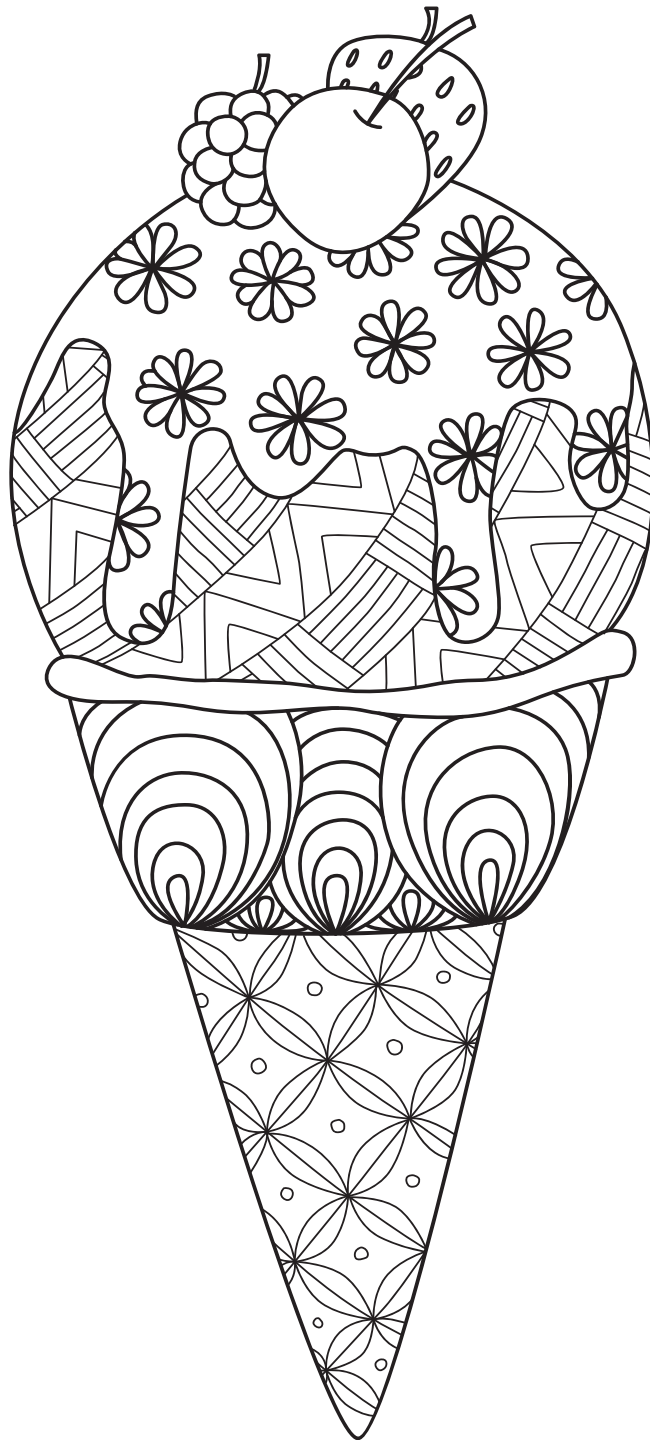
Farmers and veterinarians are constantly making sure cows are healthy and comfortable.



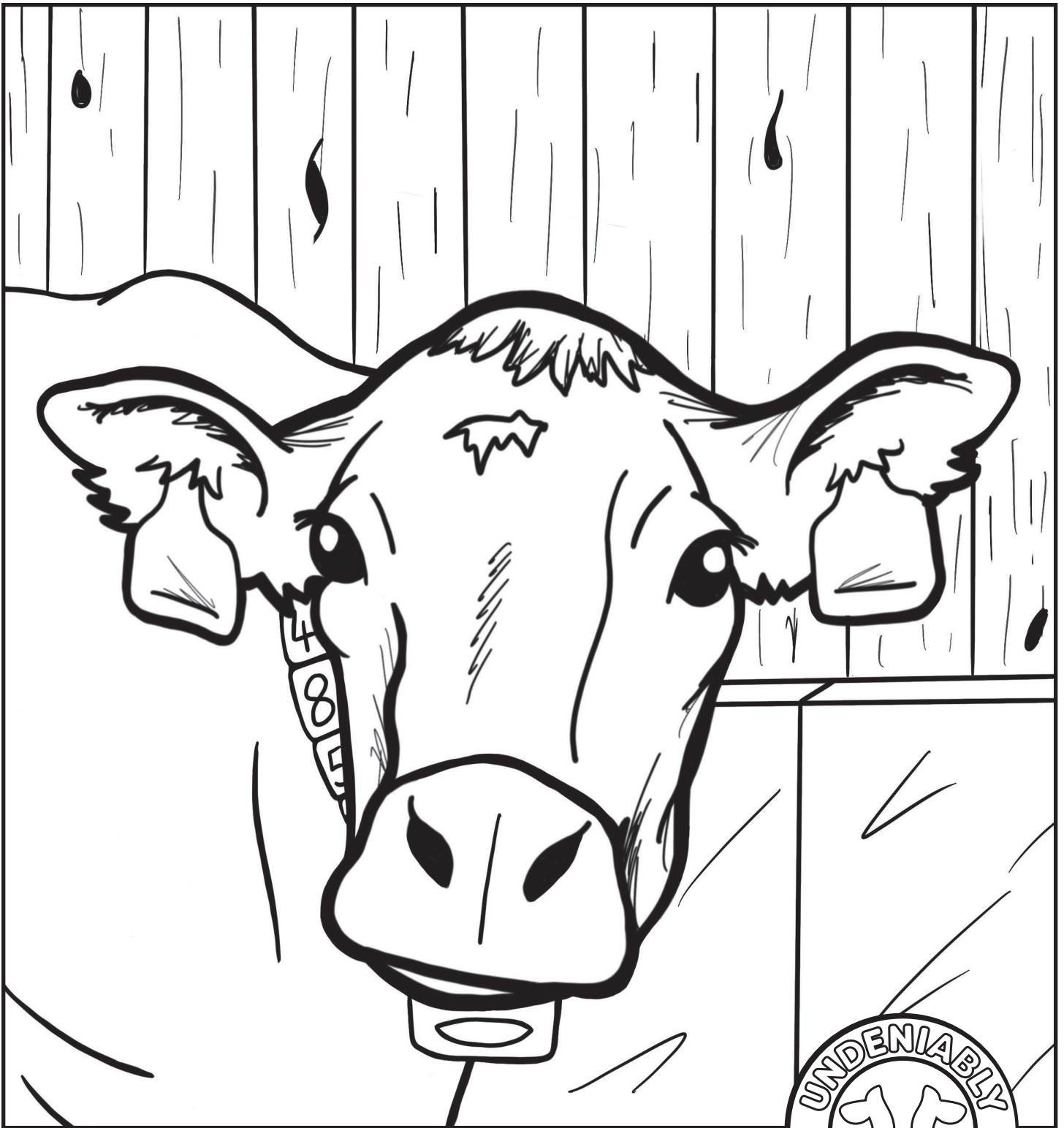
Cows spend 12-14 hours a day resting. These cows are laying on comfortable sand, just like a beach!



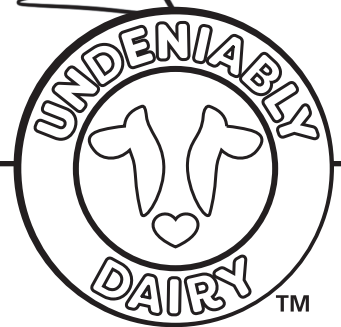
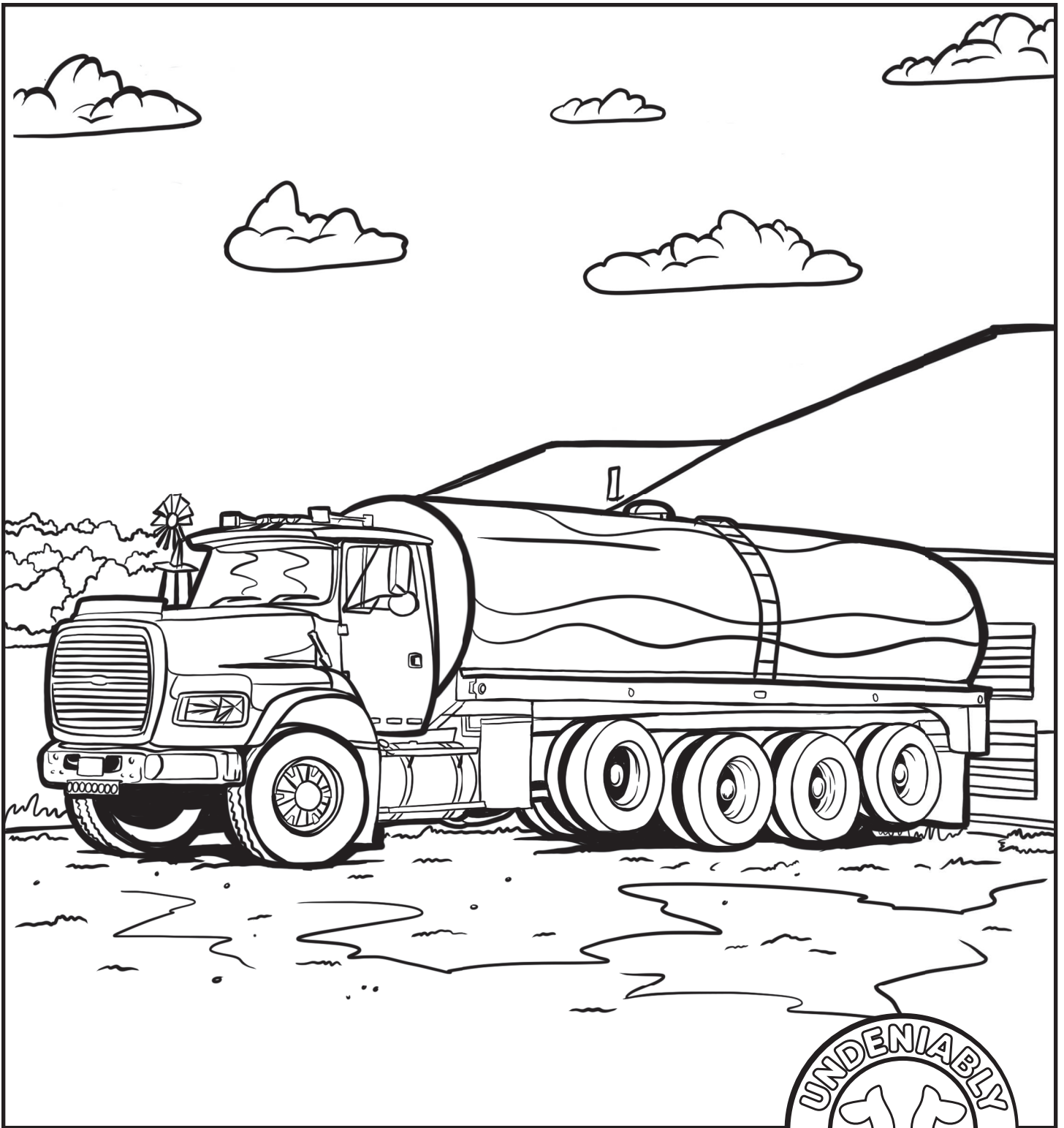
**Most dairy farms recycle water an average of 3-5 times!
Water is not only a refreshing drink for cows, it also cleans
equipment, nourishes crops the cows will eat, and more.**



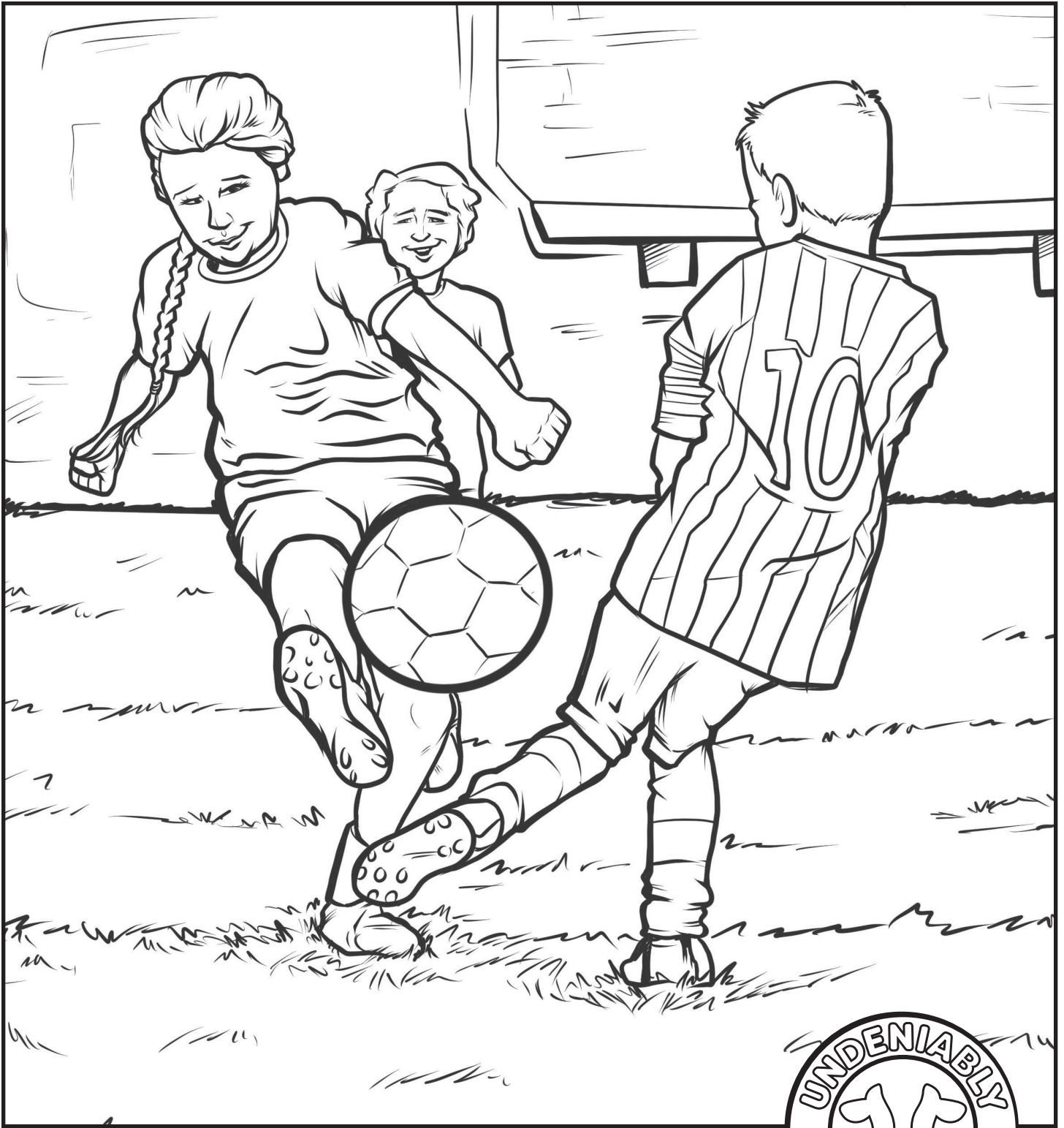
Chocolate is America's favorite flavor of ice cream, followed closely by Cookies N' Cream and Vanilla.



Some cows wear activity trackers which show how much they eat, sleep and milk. This individual care helps farmers keep their cows healthy.



Milk travels from the farm to to the grocery store in as little as 48 hours - now that's fresh!



Dairy foods are good for your body and good for your brain!



Chocolate-Chocolate Trifle

7 servings • 10 min prep time • 6 min cook time

Ingredients:

- 4 (4-ounce) containers whipped chocolate yogurt
- 1 (9-ounce) chocolate wafer cookies
- vanilla yogurt



Instructions:

- 1 Reserve 4 cookies.
- 2 In a 2 quart clear bowl, layer 4 cookies with half of one container of chocolate yogurt. Repeat layers with remaining cookies and chocolate yogurt.
- 3 Spread vanilla yogurt on top; sprinkle with 4 crumbled cookies.
- 4 Refrigerate at least 6 hours before serving.

TIP: Trifle can be prepared and refrigerated up to two days before serving.



Real Inspiration for Your Color Pages

