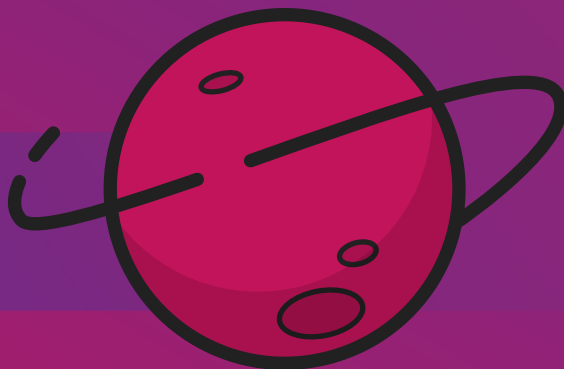


# WHERE IN THE MILKY WAY



A COLORING BOOK BY  
THE NEVADA  
DAIRY FARMERS



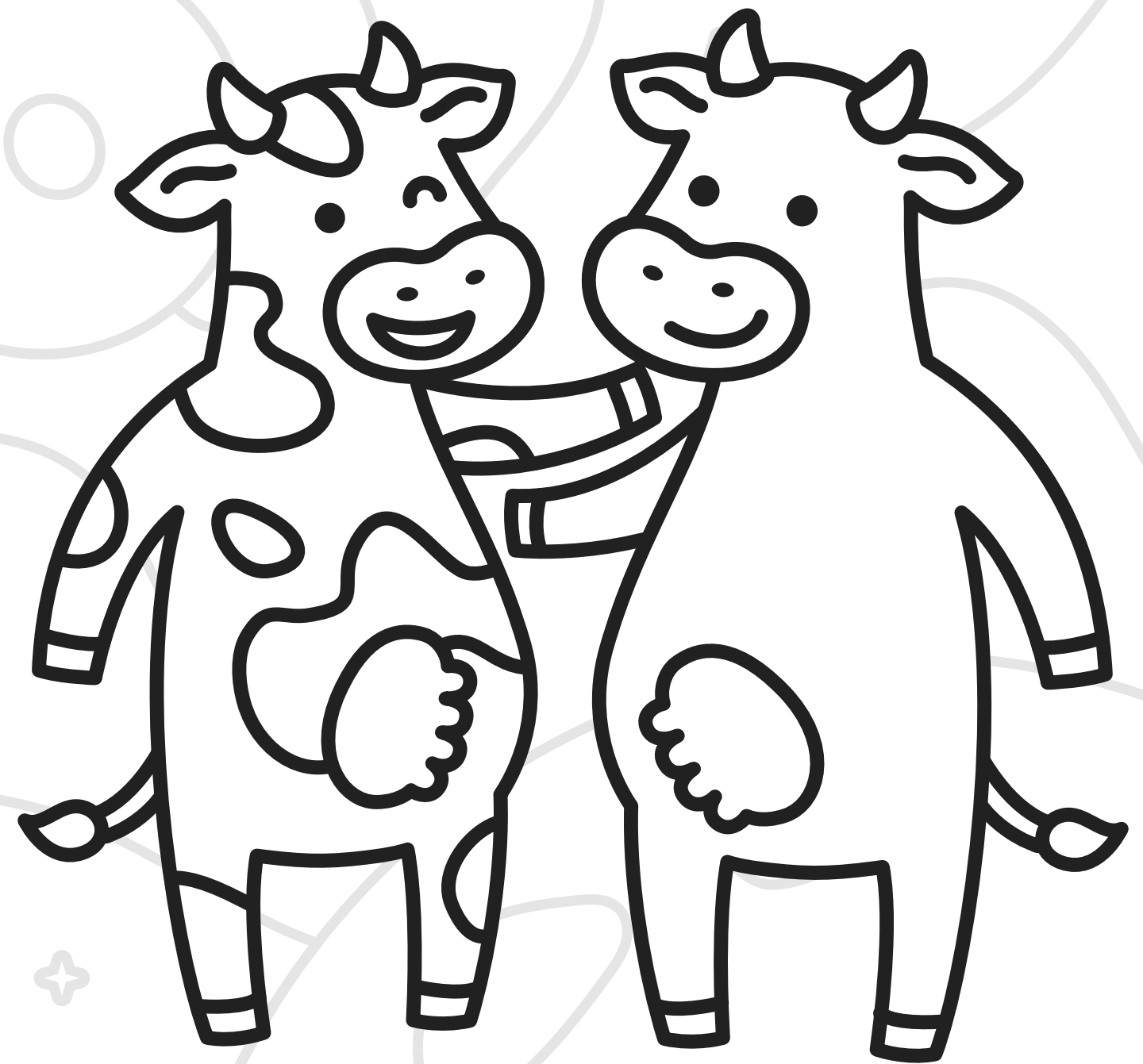
# DOUBLE STRAWBERRY MILKSICLES RECIPE

## INGREDIENTS

- 1 (10-ounce) Package Frozen Strawberry Halves in Syrup
- 1 Cup Whole Milk
- ½ Cup Strawberry Frozen Yogurt
- 12 (3-ounce) Plastic or Paper Cups and 12 Wooden Craft Sticks or 12 (2-ounce) Freezer Pop Molds

## DIRECTIONS

1. Partially thaw the strawberries by leaving them at room temperature for 10 minutes or microwaving the unopened plastic pouch on high for 10 seconds.
2. Place the partially frozen berries with their liquid in a blender. Add the milk and frozen yogurt. Cover and blend until smooth.
3. Divide among twelve cups or freezer pop molds. Place the cups in a 9 by 13-inch baking pan. Cover each cup with aluminum foil. Push a craft stick through the center of the foil to hold the stick in place while freezing. Freeze until firm, 3 to 4 hours.
4. **Enjoy!**



## Daisy & Delilah

Dairy cows provide fresh milk daily. The milk is then safely pasteurized, bottled and delivered to grocery stores for us to buy. Better for your bones. Better for your body. Just plain better.



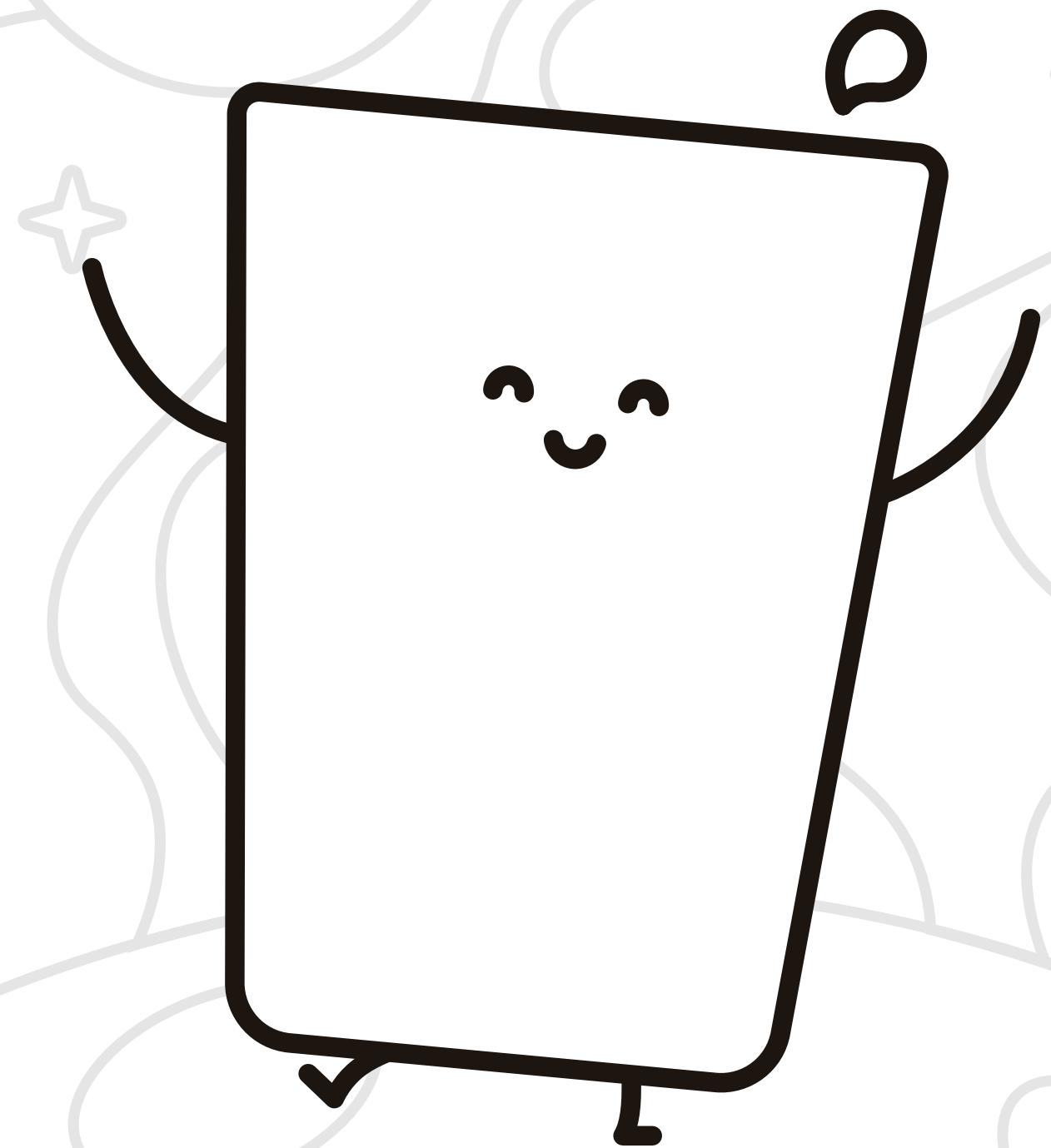
# FROZEN YOGURT

## INGREDIENTS

- 3 Cups Whole Milk Plain Yogurt
- ½ Cup Heavy Cream
- ¾ Cup Sugar
- 1 Teaspoons Vanilla Extract

## DIRECTIONS

1. Combine yogurt, cream, sugar, and vanilla extract together until the sugar has dissolved.
2. Transfer mixture to a large freezer bag.
3. Remove all air from the bag prior to sealing.
4. Lay bag flat in the freezer.
5. After ~1 hour, take it out and smoosh it around. Lay it flat in the freezer again.
6. Repeat this process every hour. As yogurt freezes, break up all the chunks each time you take it out. Try laying the bag flat on a counter and use your fingers to push through any lumps.
7. When it is well frozen and smooth, it is ready.
8. **Serve immediately and enjoy!**



## Phil

Milk is one of the most nutrient-dense beverages you can consume with 9 essential nutrients, 8g of protein, and only 3 ingredients. Better for your bones. Better for your body. Just plain better.



# CHEESY CHICKEN CRUNCHERS

## INGREDIENTS

- 1 Cup All-Purpose Flour
- Salt
- Pepper
- 4 Egg Whites
- ½ Cup 2% Reduced Fat Milk
- 1 ½ Cups Cornflakes
- 1 Cup (4 oz.) Reduced Fat, Shredded Cheddar Cheese
- 6 Chicken Breast Fillets; Cut into Strips
- Non-Stick Cooking Spray

## DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit. Set up three bowls with the following:
  1. Flour mixed with a pinch of salt and pepper.
  2. Egg-wash, made by beating the eggs and milk together.
  3. Cornflakes mixed with cheese.
2. Coat a 13x9-inch baking pan with non-stick cooking spray.
3. Dip chicken pieces in flour, then into the egg-wash, then roll in the cheesy-flakes mixture, coating the entire piece of chicken and place on the baking pan.
4. Discard any unused corn flake mixture after coating chicken.
5. Bake for 25 minutes, turning halfway through to ensure even browning. Serve with ketchup or BBQ sauce if desired.
6. Enjoy!



### Rob

Even when added to a side dish like broccoli and cheese, dairy still brings 9 essential nutrients like protein and Vitamin A to the table. Better for your meals. Better for your muscles. Just plain better.



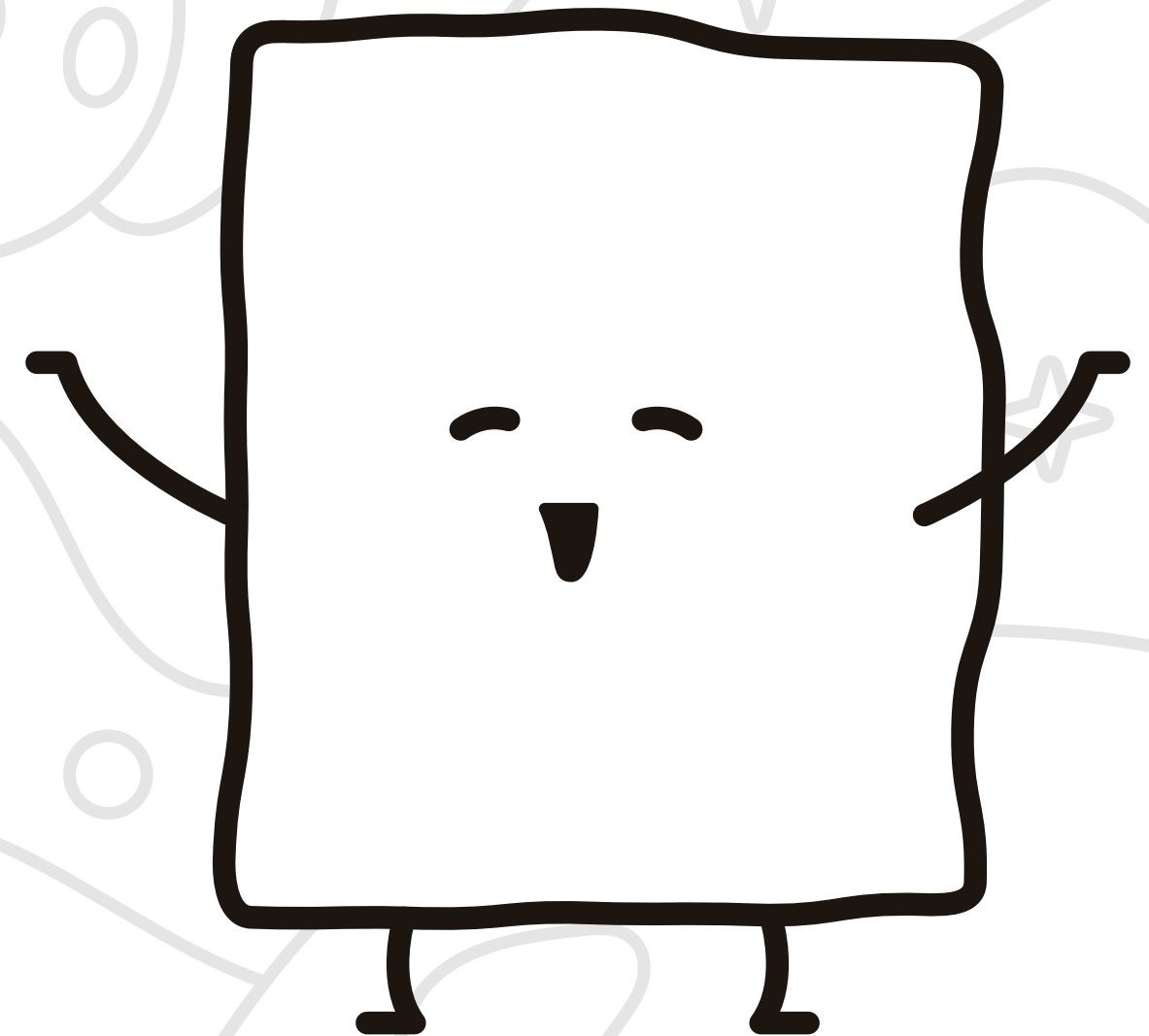
# MINI TOASTED OPEN SUBS WITH CUCUMBER YOGURT DRESSING

## INGREDIENTS

- 6 Sliced French Rolls
- 1 Cup Shredded Lettuce
- ½ Cup Sliced Red Onion
- 1 Cup Sliced Roma Tomatoes
- ½ Cup Sliced Green Pepper
- Yogurt sauce:**
- 12 Ounces Thinly Sliced Turkey Breast
- 2 Cups Plain Low-Fat Yogurt
- 1 Cup Diced Cucumber
- 12 Slices Reduced-Fat Cheddar or Swiss cheese
- ½ Cup Chopped Parsley

## DIRECTIONS

1. Combine yogurt, cucumber and parsley. Chill until needed.
2. Preheat oven to 350 degrees Fahrenheit. Toast rolls with cut side up in oven until lightly browned.
3. Top each half with red onion, green pepper and 2 ounces turkey breast and 1 slice cheese. Return to oven for 2 minutes, or until cheese begins to melt.
4. Arrange open face sandwiches on platter.
5. Top each half with 1 tomato slice and shredded lettuce. Spoon about 2 tablespoons of yogurt sauce\* over the top of each sandwich.
6. **Sprinkle with additional chopped parsley and enjoy!**



## Coco

Dairy makes brownies sweeter and brings 9 essential nutrients like calcium and vitamin D to the mix. Better for your brownies. Better for your body. Just plain better.



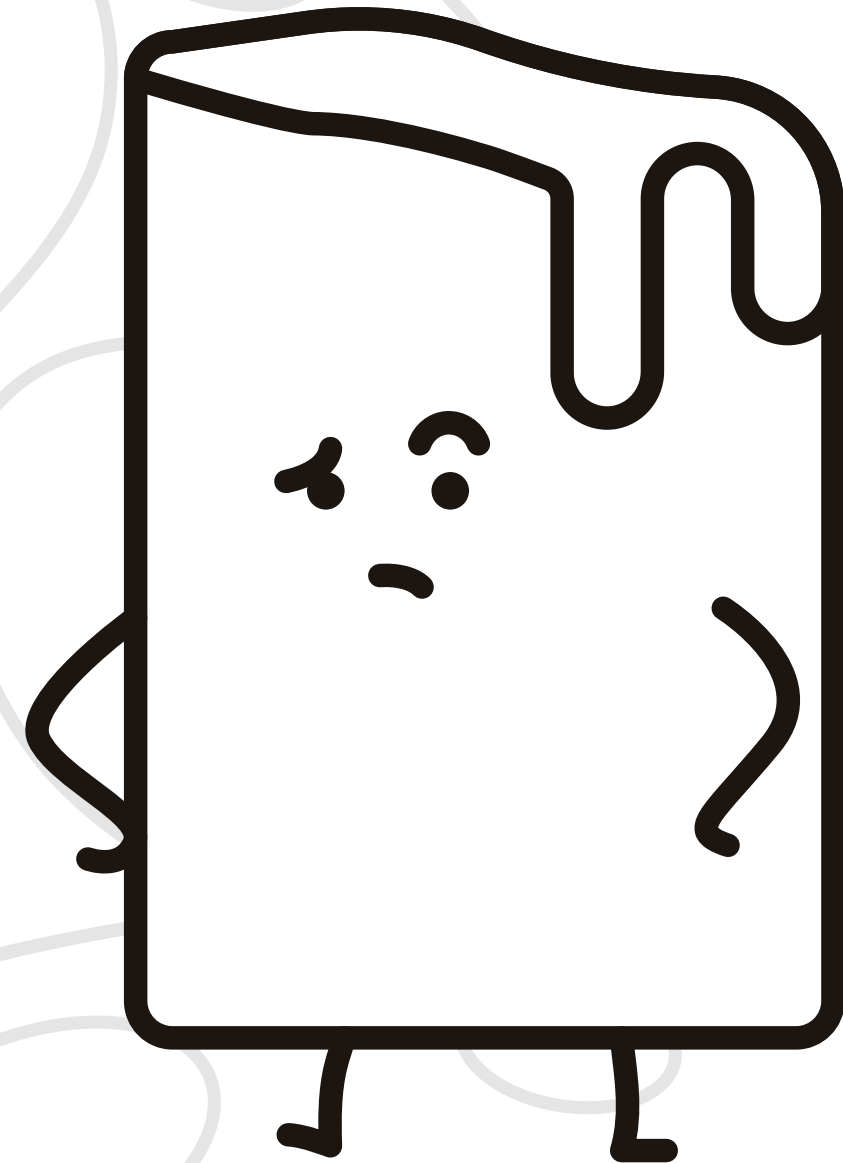
# GREEK YOGURT BANANA MUFFINS

## INGREDIENTS

- 2 ¼ Cups Flour
- 1 ½ Teaspoons Baking Powder
- ½ Teaspoons Baking Soda
- ½ Teaspoons Salt
- 4 Tablespoons Butter, Softened
- ¾ Cup Sugar
- ¼ Cup Brown Sugar
- 3 Medium Bananas, Mashed (About 1 Cup)
- 1 Cup Plain Greek Yogurt
- 2 Eggs
- 1 ½ Teaspoons Vanilla

## DIRECTIONS

1. Preheat the oven to 350. Line a muffin tin with baking cups.
2. Whisk flour, baking soda, baking powder, and salt together in a medium bowl.
3. Cream together butter and sugars in a larger bowl.
4. Add mashed bananas, greek yogurt, eggs, and vanilla, to the larger bowl and mix well.
5. Add flour mixture to wet ingredients and mix until combined.
6. Pour a 1/4 cup of batter into each muffin cup.
7. Bake for 15-20 minutes until the tops are lightly golden.
8. **Allow to cool and enjoy!**



### Pat

With just one or two pats, butter adds several vitamins such as vitamin A & vitamin D, and rich flavor to your favorite dishes. Better for your carbs. Better for your cells. Just plain better.





# CINNAMON SWIRL YOGURT START-UPS RECIPE

## INGREDIENTS

### French Toast

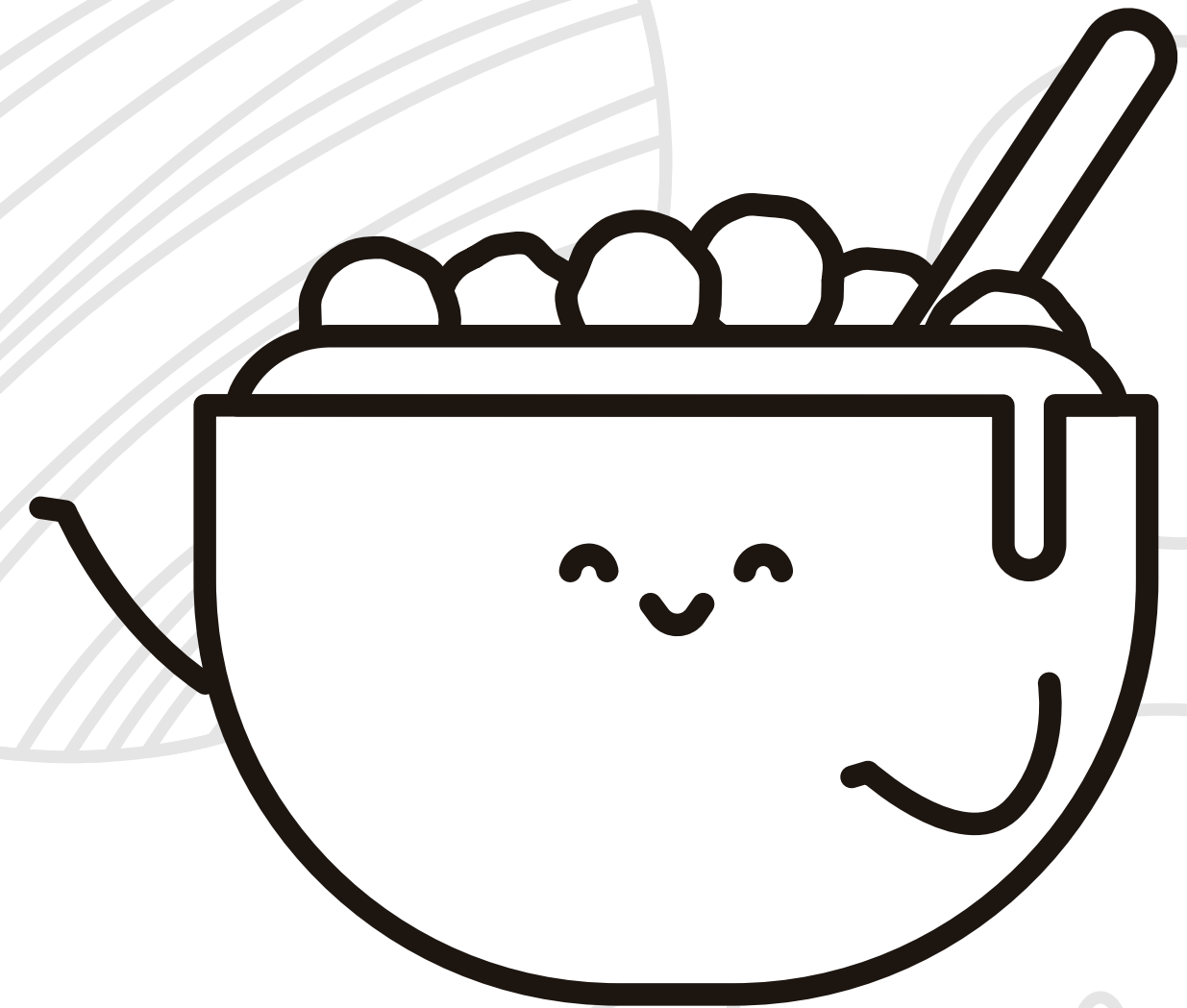
- 2 Large Eggs
- ½ Cup Milk
- ¼ Teaspoon Ground Cinnamon
- Nonstick Cooking Spray
- 4 Pieces Cinnamon Swirl Bread

### Toppings

- 1 Cup Plain Yogurt
- ¼ Cup Orange Juice
- 2 Tablespoons Maple Syrup
- 1 Cup Chopped Fresh Fruit (Any Combination)

## DIRECTIONS

1. For the French toast, beat together the eggs, milk, and cinnamon in a medium bowl. Lightly coat a nonstick skillet with nonstick cooking spray and preheat over medium heat. Dip each piece of bread into the egg mixture to coat thoroughly. Place in the skillet and cook for about 2 minutes on each side.
2. For the topping, combine the yogurt, orange juice, and maple syrup in a small bowl.
3. For each serving, cut the warm French toast on the diagonal. Arrange on a plate. Top with the fruit and drizzle with the yogurt topping.
4. **Enjoy!**



## Pebbles

Packed with 9 essential nutrients including calcium, potassium and protein, milk makes muscles stronger and mornings tastier. Better for your bowl. Better for your body. Just plain better.



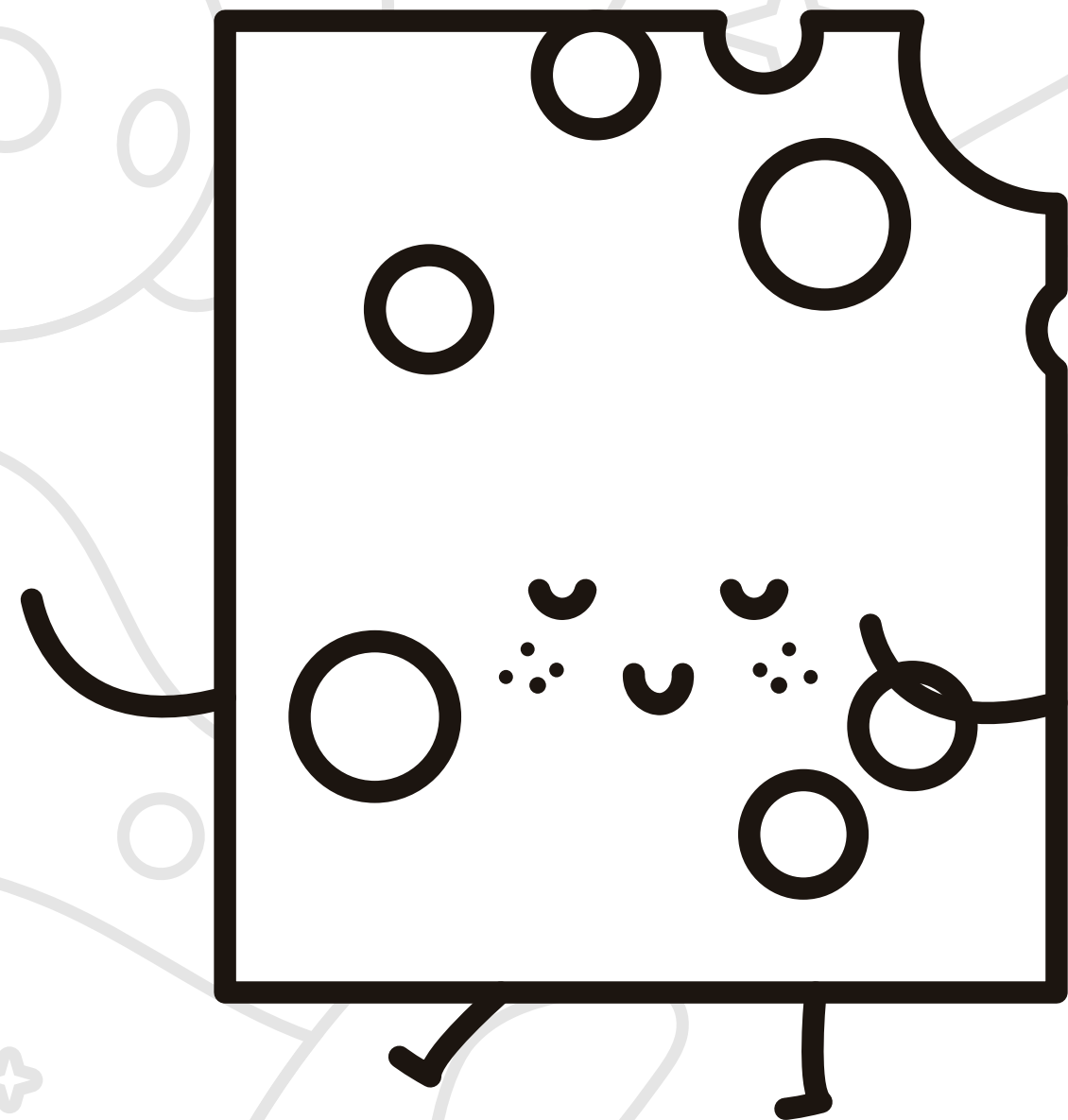
# GRILLED CHEESE WITH CREAMY TOMATO DIPPING SAUCE RECIPE

## INGREDIENTS

- 8 Slices Thick-cut Sandwich Bread
- 8 Slices Real California Cheddar Cheese
- 4 Slices Real California Mozzarella Cheese
- 8 Tablespoons Real California Butter, Softened
- 2 Cups Marinara
- 1 Cup Real California Heavy Cream
- 2 Tablespoons Real California Sour Cream
- Parsley for Garnish

## DIRECTIONS

1. Heat a griddle to medium heat. Make 4 sandwiches using 2 pieces of bread, 2 pieces of cheddar cheese, and one piece of mozzarella for each sandwich.
2. Spread both outer sides of the bread with softened butter and cook for a few minutes per side until golden brown and cheese is melted.
3. Remove sandwiches from griddle and let cool slightly.
4. Combine marinara and cream in sauce pan and heat just to a simmer. Remove from heat, fold in sour cream, and pour into bowl. Garnish with parsley.
5. Slice each sandwich into 3-4 block shape strips, and stack like Jenga blocks.
6. **Serve with sauce!**



## Sara

With a wide range of flavors and forms, cheese offers the same 9 essential nutrients as milk without the lactose. Better for your bread. Better for your bones. Just plain better.





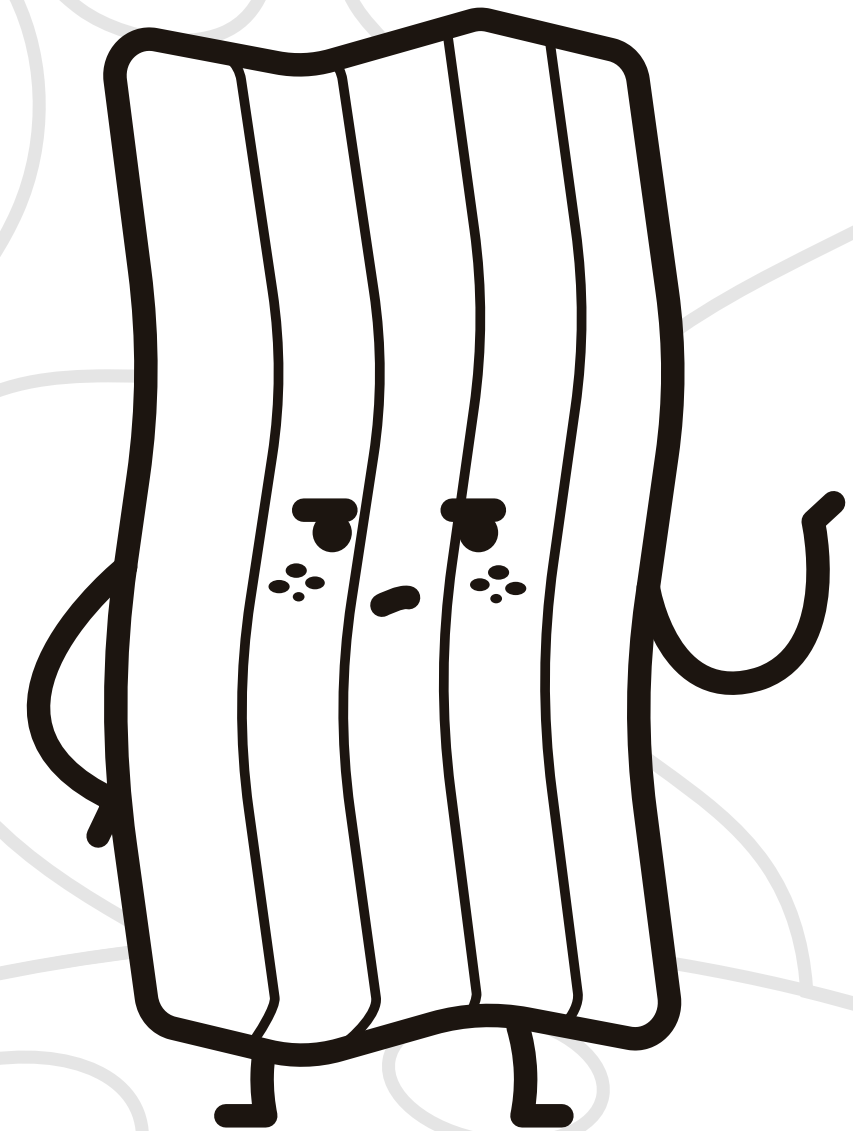
# TACOS

## INGREDIENTS

- 1 Pound Lean Ground Beef or Turkey
- 1 ½ Cups Finely Shredded Lettuce
- ½ Cup Green Bell Pepper, Chopped
- 1 Large Tomato
- 1 ¼ Ounces Taco Seasoning Package of Choice
- ¾ Cup Shredded Mild Cheddar Cheese
- ¾ Cup Water
- 1 ½ Cups Sour Cream
- 12 Taco Shells (Crunchy or Taco Tortillas)

## DIRECTIONS

1. Cook ground beef (or turkey) over medium-high heat until no longer pink, breaking up the meat, about 6-8 minutes. Drain if necessary.
2. Add bell pepper, taco seasoning and water. Cook until mixture thickens and water is evaporated. About 8-10 minutes stirring occasionally.
3. Heat taco shells as desired or directed on package.
4. Put meat in taco shell, top with lettuce, tomato, cheese and sour cream.
5. **Serve and enjoy!**



### Kevin

Dairy pairs well with many of your favorite foods, bringing 9 essential nutrients like Vitamin A and Vitamin D to the plate. Better for your meals. Better for your muscles. Just plain better.



# RAINBOW UNICORN SMOOTHIE RECIPE

## INGREDIENTS

- 1 ½ Cups Lowfat or Fat Free milk
- ½ Cups Lowfat Vanilla Yogurt
- 2 Cups Frozen Strawberries (about 10 large)
- 1 Cup Frozen Blueberries
- 1 Cup Frozen Mango Chunks

## Optional Toppings

- 6 Tablespoons Whipped Cream
- 4 Teaspoons Unicorn Sprinkles
- Decorative Unicorn Horn Candles, Wick Trimmed

## DIRECTIONS

1. Add milk, yogurt and fruit to blender and blend until smooth, adding additional milk or water to thin if needed.
2. Divide smoothie into 4 glasses and top each with 3 tablespoons whipped cream.
3. 2 teaspoons sprinkles and Unicorn horn candle.
4. **Drink in the morning and have a magical rest of your day!**



## Betty & Berry

Blending together 9 essential nutrients like calcium and protein, dairy makes smoothies tastier and bodies stronger. Better for your berries. Better for your bones. Just plain better.



# FRENCH TOAST

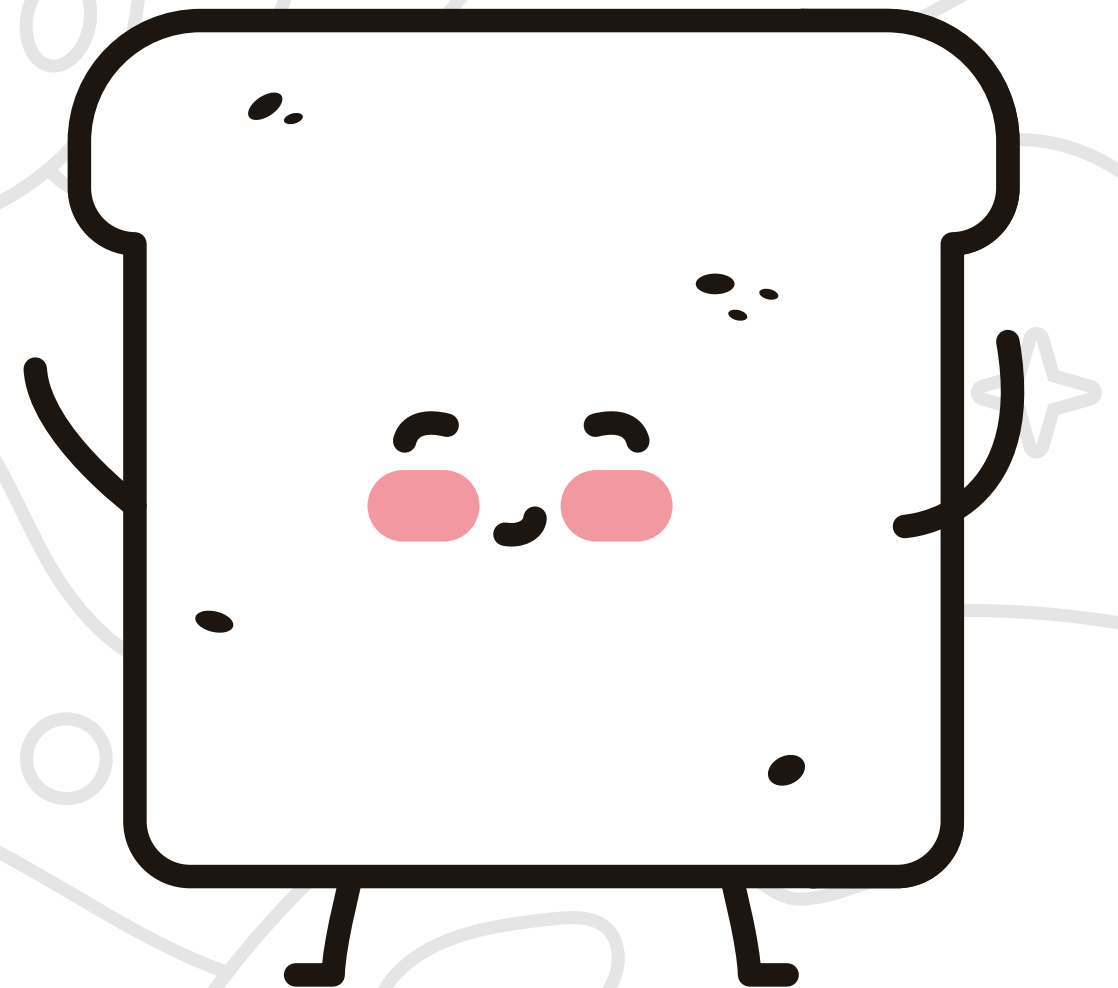
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## INGREDIENTS

- 1 Large Egg
  - 1 Teaspoon Vanilla Extract
  - ½ Teaspoon Cinnamon, Ground
  - ¼ Cup Milk
  - 4 Slices Bread
  - Butter, for Cooking
- 

## DIRECTIONS

1. In a shallow dish, beat egg, vanilla and cinnamon.
2. Add milk and mix again.
3. Dip bread in egg mixture and coat evenly, turning so both sides are covered.
4. In pan or skillet, melt butter over medium heat.
5. Cook bread slices until browned on both sides.
6. Add toppings of choice.
7. **Serve and enjoy!**



## Toast

A good friend of many forms of dairy—butter, cheese, cream cheese—toast is a great base to soak up those nutrients. Better for your bread. Better for your bones. Just plain better.



# CHOCOLATE MILKSHAKE

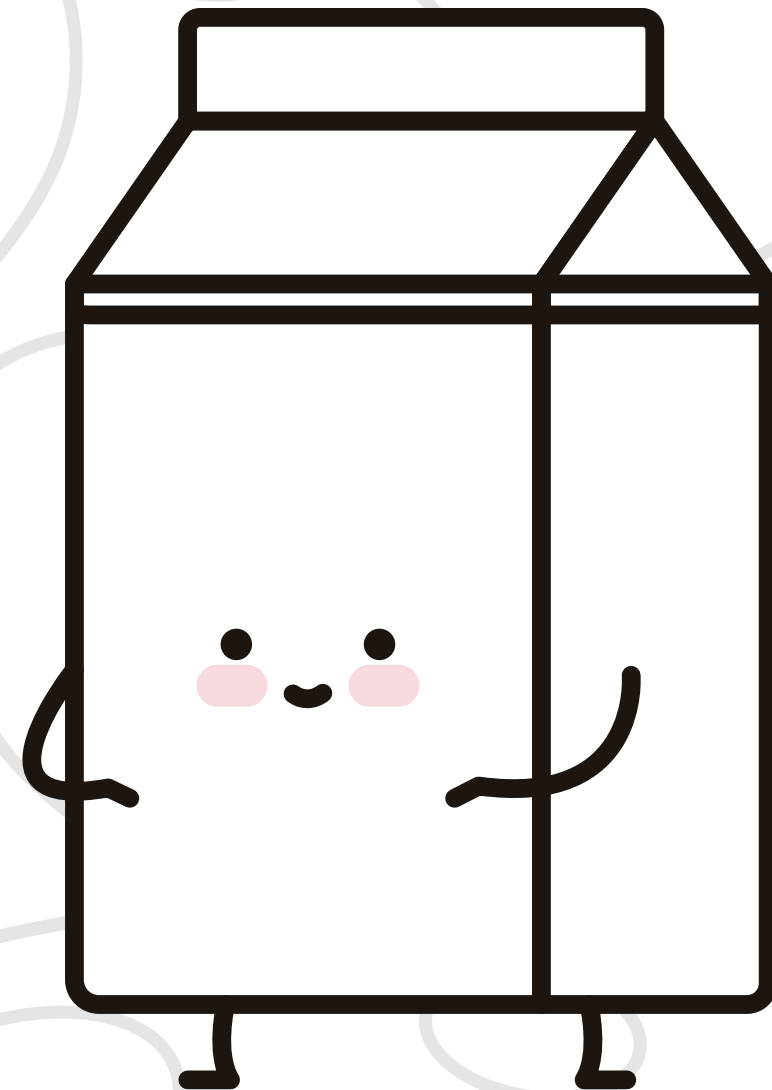
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## INGREDIENTS

- 3 Cups Chocolate Ice Cream
  - 1 Cup Chocolate Milk
  - 2 Tablespoons Chocolate Syrup, More for Serving
  - 1 Teaspoon Vanilla Extract
  - Sweetened Whipped Cream, for Serving
- 

## DIRECTIONS

1. Combine chocolate ice cream, chocolate milk, chocolate syrup and vanilla extract in a blender.
2. Process on high until smooth.
3. Pour into a glass, top with whipped cream and a drizzle of chocolate syrup.
4. **Serve and enjoy!**



### Cal C. Yum

As a nutrient-dense beverage, milk packs 9 essential nutrients including protein and phosphorous to generate energy. Better for your brown bag. Better for your body. Just plain better.





visit  
**NevadaMilk.com**  
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