

Bessie's Fast Dairy Snacks

Milk



- **Sweet Milk Steamer**
Microwave a cup of low-fat milk and stir in a drizzle of honey.
- **Choco-Raspberry Chug**
Blend a cup of low-fat milk with some frozen raspberries and a teaspoon of chocolate syrup.
- **Strawberry Sicles**
Mix low-fat strawberry milk with fresh strawberry slices and freeze in a popsicle container.
- **A Sip of Spice**
Heat a cup of low-fat milk and mix with some Chai tea.
- **Graham Dunk**
Dip a few graham crackers in a cold glass of low-fat milk.

Cheese



- **Salsa Roll Up**
Roll a stick of string cheese into a whole-wheat tortilla and dip in salsa.
- **Lettuce Wraps**
Spread Dijon mustard inside a lettuce leaf. Layer with a slice of turkey and Swiss cheese then roll.
- **Cheese Kabob**
Alternate small slices of apples and Cheddar cheese squares on wooden skewers.
- **Cherry Tomato Crunchers**
Top whole-wheat crackers with Mozzarella cheese then sliced cherry tomatoes.
- **Zesty Tostada**
Top a tostada with fat-free refried beans. Sprinkle on shredded pepper jack cheese and melt in microwave.

Yogurt



- **Parfait Pleaser**
Mix granola and fresh fruit with your favorite flavor of low-fat yogurt.
- **Cucumber Combo**
Mix diced cucumber with 1 cup low-fat plain yogurt, mint and a pinch of salt. Spread on pita wedges.
- **Go Nuts**
Top low-fat vanilla yogurt with a few crushed pecans and a sprinkle of cinnamon.
- **Honey Fruit Dip**
Mix fat-free yogurt with a dollop of honey for a sweet fruit dip.
- **Simple Shortcake**
Dunk cubes of angel food cake in strawberry yogurt for a heavenly treat.