



LEGENDAIRY

after school Dairy Snacks

A compilation of easy, delicious and nutritious recipes to help you end the school day with dairy





Dairy is awesome. This may seem like a sweeping statement, but if you think about it, we're sure you'll find it's true. Café Lattes are better than black coffee, muesli is better with milk or yogurt, crackers are better with cheese and strawberries are better with dairy milk ice-cream. In fact, most things are better with ice-cream, but that's another story.

While dairy foods like milk, cheese and yogurt at breakfast are entrenched in most of our morning routines, we're sensing missed opportunities to enjoy the delicious, nutrient-packed food group thereafter. This shouldn't be the case as there are so many easy – and tasty – opportunities to include dairy at the end of the day too, whether it's the end of the school or the sporting day for children, or as an after dinner treat with a glass of wine for us adults. Whatever and whoever the case may be, by enjoying dairy at the start and end of every day, we'll all be well on our way to meeting our daily dietary recommendations for the important food group.

With this in mind, we are so thrilled to band together with Dairy Australia to bring you this *Legendaairy* recipe eBook – a first for us at Stay at Home Mum. You'll find it's filled with easy, delicious and nutritious after-school snack suggestions to help kids enjoy dairy at the end of their day, but that's certainly not to say these recipes can't be enjoyed as morning tea treats in lunchboxes, too!

At Stay at Home Mum, we were alarmed to learn that roughly 60 per cent of Australian children aged 2-16 years are failing to meet the recommendations of the Australian Dietary Guidelines for the dairy food group – and the trend is only continuing as they grow older. Why is this concerning? Dairy foods are packed full of essential nutrients growing bodies need; from calcium for strong bones, and protein for growth and development, to riboflavin for eyesight, iodine for brain function and more. This book is a combination of Dairy Kitchen recipes and SAHM reader favourites – as voted by you, for you.

*For even more delicious dairy recipes the whole family will enjoy,
be sure to visit:*

www.legendaairy.com.au/recipes

Enjoy and happy cooking!

DIETARY INFORMATION

Most of us would agree dairy foods including milk, cheese and yogurt taste delicious, but there's more to dairy than meets the eye. Next time you reach for your favourite tub of Greek yogurt or slice of vintage cheddar cheese, you can rest easy knowing you're actually doing yourself (and your family) some good.

As one of the five core food groups, dairy foods have an important role to play in a healthy diet. The Australian Dietary Guidelines recommend we include milk, yogurt, cheese and/or alternatives every day as part of a balanced diet. But most Australians aren't having enough.

As kids grow, so do their recommended daily serves of milk, cheese and yogurt, and/or alternatives. Here are some handy facts to help you as you plan your family's weekly meals:





- One serve of dairy is equivalent to one cup (250ml) of milk, two slices (40g) of cheese, $\frac{3}{4}$ cup (200g) of yogurt or $\frac{1}{2}$ cup (120 g) of ricotta
- Milk, cheese and yogurt, and/or alternatives are one of the five food groups that make up a healthy diet
- Dairy foods are packed full of essential nutrients important for growing bodies. These include calcium for strong bones, protein for growth and development, riboflavin for eyesight and iodine for brain function

MINIMUM RECOMMENDED NUMBER OF SERVES FROM THE DAIRY FOOD GROUP

	Age (years)	No. of serves per day
Men	19-70	2 $\frac{1}{2}$
	70+	3 $\frac{1}{2}$
Women	19-50	2 $\frac{1}{2}$
	50+	4
	Pregnant or breast feeding	2 $\frac{1}{2}$
Children	2-3 girls and boys	1 $\frac{1}{2}$
	4-8 boys	2
	4-8 girls	1 $\frac{1}{2}$
	9-11 boys	2 $\frac{1}{2}$
	9-11 girls	3
	12-18 girls and boys	3 $\frac{1}{2}$

Adapted from: 2013 Australian Dietary Guidelines. The dairy food group includes milk cheese and yogurt and/or alternatives [1 cup (250ml) soy beverage or beverages made from rice or other cereals which contain at least 100 mg calcium per 100ml].

ONE SERVE OF DAIRY IS EQUIVALENT TO:

	OR		OR		OR	
milk 1 cup (250 ml)		cheese 2 slices (40 g)		yogurt $\frac{3}{4}$ cup (200 g)		ricotta $\frac{1}{2}$ cup (120 g)



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Tuna Noodle Patties with Lime and Cucumber Yogurt

serves

4

Ingredients

70g dry rice vermicelli noodles
185g tuna in spring water, drained and mashed
125g can corn kernels, drained
1 cup Greek style yogurt
2 tablespoons finely chopped coriander
3/4 cup grated cheddar cheese
3/4 cup dried multigrain breadcrumbs
3 eggs
Flour, for coating
Olive oil spray
Dipping sauce
2 spring onions, sliced
1 teaspoon finely grated lime rind
1/2 lebanese cucumber, grated
2 teaspoons sweet chilli sauce

Method

1. Soak noodles in boiling water for 1 minute, until only slightly softened. Drain and cut into 3cm lengths with kitchen scissors.
2. Combine noodles and remaining patty ingredients in a bowl and mix until well combined. Form into 16 patties. Lightly coat in flour.
3. Lightly spray a non-stick frypan with oil and cook patties on each side until browned. Transfer to a baking paper lined oven tray and bake at 180°C for 10 minutes until cooked through.
4. Mix sauce ingredients together in a bowl and serve with patties.



Tips / Handy Hints

Preparation time: 20 minutes. Cooking time: 20 minutes. Serve these patties with salad or veggies for a balanced dinner or lunch. Patties can be pan fried a few hours ahead, placed on an oven tray and covered with foil before finishing off in the oven.

Pizza Crumpets

serves

2

Ingredients

2 wholemeal crumpets
1 tablespoon salt reduced tomato paste
1 shaved slice lean ham, chopped
1 button mushroom, thinly sliced
1/4 green capsicum, thinly sliced
1/2 cup mozzarella cheese
1/2 teaspoon dried oregano

Method

1. Spread each crumpet with tomato paste.
2. Top crumpets with ham, mushroom and capsicum then sprinkle with cheese and oregano.
3. Grill crumpets under a hot grill until cheese is golden and crumpets are crisp. Serve immediately.



Tips / Handy Hints

Preparation time: 10 minutes. Cooking time: 5 - 10 minutes. This is a great recipe for kids to get involved with on the weekend. Pizza crumpets make a great after school snack perfect to fuel up before or after sports. Add sliced baby button mushrooms to topping ingredients, if desired.



Spinach and Feta Muffins

serves

12

Ingredients

200 grams frozen spinach	1 tsp salt
180 grams feta cheese	2 eggs
150 grams plain flour	80 ml olive oil
150 grams wholemeal flour	300 ml milk
3 tsp baking powder	

Method

1. Line your muffin pan with paper cups and cut the feta cheese into small chunks.
2. Preheat the oven to 180°C. In a bowl mix sifted flour, baking powder and salt.
3. In another bowl combine spinach, eggs, olive oil and milk.
4. Add in the flour mixture and be sure not to over mix.
5. Fold in the feta cheese cubes.
6. Pour dough into the muffin pan and bake for about 20 minutes or until golden.

Tips / Handy Hints

Muffins are suitable to be frozen. Allow to cool to room temperature, seal in a ziplock bag and freeze for up to two weeks. Perfect for school lunches and snacks.

4



Cheesy Pumpkin Pockets

serves

6

Ingredients

500g pumpkin, peeled, cut into 1.5 cm cubes
 1 clove garlic, crushed
 ½ teaspoon sweet paprika
 olive oil spray
 1 red capsicum, finely chopped
 3 spring onions, finely chopped
 200g ricotta cheese, crumbled

2 tablespoons grated parmesan cheese
 15g dairy spread
 1 1/2 cups self-raising flour
 1/2 cup milk
 extra milk, for glazing
 1 teaspoon poppy seeds

Method

1. Combine pumpkin, garlic and paprika in a lined baking dish. Lightly spray with oil and bake at 200°C for 10-15 minutes or until just tender.
2. Combine pumpkin with capsicum, spring onion, ricotta and parmesan.
3. Rub dairy spread into flour until mixture resembles fine breadcrumbs. Add milk and stir to combine until mixture forms a dough. Knead lightly until smooth. Divide mixture into 6 pieces and roll each out to form a 15 cm round.
4. Top each pastry round with pumpkin mixture and fold in half to form a semi-circle. Fold and pinch edges of pastry to seal and enclose filling. Brush with extra milk and sprinkle with poppy seeds. Bake at 220°C for 15-20 minutes or until golden brown. Serve warm.

Tips / Handy Hints

For adults: Stir some pesto or tapenade through the filling mixture.

Fruit Pops with Marshmallow Yogurt Dipping Sauce

serves

4

Ingredients

250g punnet strawberries, hulled
 2 medium kiwifruit
 2 bananas
 500g canteloupe
 500g watermelon
 12 bamboo skewers or lolly pop sticks
 100g marshmallows
 400g strawberry yogurt

Method

1. Peel fruit and into 1-2cm slices. Use a small round cutter to cut rounds from the watermelon and canteloupe. Thread fruit rounds onto skewers.
2. Place marshmallows in a microwave safe bowl with 1 teaspoon water. Microwave on high for 15-20 seconds until just melted and stir until smooth. Fold in yogurt and pour into a serving bowl. Refrigerate until ready to serve.
3. Serve yogurt dip with fruit skewers for dipping.



Tips / Handy Hints

Preparation time: 10 minutes in a hurry. Serve the dip on a platter with the chopped fruit and forks for the kids to dip.

Apple-Berry Cream Cheese Scrolls

serves

12

Ingredients

30g cold butter or dairy spread
 2 cups self raising flour
 3/4 cup milk
 1/2 cup spreadable cream cheese
 1 teaspoon cinnamon
 1 apple, finely chopped
 1 cup fresh or frozen raspberries
 2 tablespoons caster sugar

Method

1. Rub spread into the sifted flour until mixture resembles fine breadcrumbs. Make a well in the centre, add milk all at once and mix to a soft dough. Turn out onto a lightly floured surface and knead lightly.
2. Roll out dough to a 1cm thick rectangle. Spread with cream cheese, sprinkle with cinnamon and then fruit and sugar. Roll up as for a Swiss roll and cut into 12 slices with a sharp serrated knife, wiping the knife between each cut.
3. Snuggly fit the scrolls into a 20cm x 30cm baking paper lined deep baking tray or slice tin and bake at 220°C for 15-20 minutes or until golden and cooked. Serve warm or cool with a glass of milk!

Tips / Handy Hints

Preparation time: 30 minutes. Cooking time: 20 minutes. Try using mixed berries instead of raspberries in these scrolls. Also try other fruit combinations such as apple and sultana, banana and date or apricot and slivered almonds.



Beetroot Dip with vegetable sticks

serves

10

Ingredients

- 425g can baby beetroot, drained
- 1 cup Greek style yogurt
- 1 clove garlic, crushed
- 1/2 teaspoon Moroccan seasoning
- vegetable sticks and cherry tomatoes, for serving

Method

1. Blend all ingredients in a food processor until finely chopped and well combined.
2. Refrigerate overnight or for at least 2 hours before serving to allow the flavours to develop.
3. Serve small portions with vegetable dippers.

Tips / Handy Hints

If you don't have a food processor you can roughly chop the beetroot and mix the dip by hand. This dip can be refrigerated for up to 5 days.



Pick 'n' Mix

makes

4

Ingredients

- 100g cheddar cheese, cubed
- 3/4 cup dried apricots
- 2 cups plain air-popped popcorn
- 120g green grapes

Method

1. Combine all ingredients and pack into individual resealable bags.
2. Pack next to a cool drink or ice-block in the lunchbox.

Tips / Handy Hints

Preparation time: 5 minutes. Substitute the popcorn for rice crackers or mini pretzels if desired.

Chocolate Yogurt Dip

makes

1 cup

Ingredients

- 2 tablespoons milk
- 100g dark chocolate, finely chopped
- 2/3 cup thick Greek style natural yogurt
- Fresh fruit, to serve (we used strawberries, watermelon, kiwi fruit and pineapple)

Method

Heat milk in a small saucepan over low heat until very hot and foamy, but not boiling. Remove from heat and add chocolate. Set aside for 2-3 minutes to melt, then stir until smooth. Pour into a medium bowl and stir in yogurt. Refrigerate for 1 hour until thickened and cool.

Peel and slice the fruit, or use a biscuit cutter to cut into shapes and thread onto skewers if desired. Serve fruit dippers with chocolate yogurt dip.

Tips / Handy Hints

Preparation time 10 minutes. Cooking time 2 minutes. The consistency of your dip may vary, depending on the yogurt you use. Pot-set yogurt will give you a slightly thicker dip compared to stirred yogurt. We've served this dip in a coconut for fun! To prepare a coconut, carefully pierce the 'eyes' of the coconut with a corkscrew or skewer. Drain the juice. Holding the coconut in one hand, tap sharply around the 'equator' with a hammer until the shell splits in half. It may take about 30 seconds of patient tapping before it cracks. Remove the flesh from the half with the holes, using a butter knife and cut into chunks for serving. Make a ring with foil to help steady the coconut half on the platter.





Picnic Sausage Rolls

makes

12

Ingredients

- 50g baby spinach leaves
- 150g wedge ricotta cheese
- 2 tablespoons grated parmesan cheese
- 400g chicken mince
- 1/3 cup dried multigrain breadcrumbs
- 1 tablespoon chopped flat-leaf parsley
- freshly ground black pepper, to taste
- 2 sheets frozen puff pastry, just thawed
- 1 egg, lightly beaten



Method

1. Steam or microwave the spinach leaves until wilted, squeeze to remove excess liquid. Roughly chop and combine with ricotta, parmesan, mince, breadcrumbs, parsley and seasonings.
2. Cut each sheet of puff pastry in half. Shape 1/4 of the chicken filling along the centre of each piece of pastry, lengthways. Brush one edge with egg and roll pastry over the meat, pressing to seal edge. Cut each length into 3 sausage rolls.
3. Place the sausage rolls on a baking paper lined oven tray, brush lightly with egg and bake at 200°C for 25 minutes or until golden and cooked through. Remove from oven and cool slightly before serving.

Tips / Handy Hints

Preparation time: 15 minutes. Cooking time: 25 minutes. These are delicious served cold and ideal for picnics or for a school lunch packed in a chilled lunch-box. Try adding grated carrot to the filling, if desired.



Apple & Blueberry Yogurt Bars

makes

12

Ingredients

- 1 1/2 cups self raising flour
- 1/2 cup dessicated coconut
- 1/2 cup caster sugar
- 1 1/4 cups vanilla yogurt
- 2 eggs
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla extract
- 1 teaspoon finely grated lemon rind
- 1 granny smith apple roughly chopped
- 1 200g punnet blueberries

Method

1. Whisk flour, coconut and sugar in a bowl to break up any lumps.
2. Whisk yogurt, eggs, oil, vanilla and lemon together in a separate bowl and then fold into the dry ingredients until just combined, taking care not to over-mix.
3. Spread mixture into a lightly greased and baking paper lined 28cm x 18cm slice tin. Press apples and blueberries into the top of the slice. Bake at 180°C for 30-35 minutes until golden and cooked through. Cool for 5 minutes in pan before transferring to a wire rack to cool completely.
4. Slice into 12 bars for serving and store in an airtight container until required.

Guacamole Chicken Wrap

serves

4

Ingredients

- 1/2 avocado
- 1/3 cup natural yogurt
- 2 spring onions, chopped
- 1 teaspoon ground cumin
- 4 large wholemeal mountain breads or pita wraps
- 1/3 cup canned corn kernels, drained and rinsed
- 2 tomatoes, chopped
- 3/4 cup grated cheddar cheese
- 1 cup lean chicken breast or other roasted meat, sliced

Method

1. Mash avocado and stir in yogurt, spring onion and cumin.
2. Spread each bread with avocado mixture and top with corn, tomato, cheese and chicken, roll up.
3. Roll the wrap in grease proof paper or plastic wrap and refrigerate until required.



Tips / Handy Hints

Preparation time: 15 minutes. To prevent wraps from going soggy try removing the seeds from the tomato before chopping. Adding yogurt to the avocado bulks it out and stops it from browning. If you happen to have taco seasoning on hand use a little in the guacamole instead of cumin, but use sparingly as taco seasoning is high in salt.



Mini Ham and Pumpkin Nests

makes

8

serves

4

Ingredients

- 8 slices wholegrain bread, crusts removed
- olive oil spray
- 1/2 cup grated pumpkin
- 3 slices lean ham, chopped
- 2 spring onions, chopped
- 2 tablespoons chopped fresh basil (optional)
- 1/2 cup grated cheddar cheese
- 3 eggs
- 1/2 cup milk

Method

1. Flatten each slice of bread with a rolling pin and spray one side lightly with olive oil. Push each slice oiled-side down into a muffin pan, to line each hole.
2. Divide pumpkin, ham, spring onions and basil between each bread nest, sprinkle with cheese.
3. Whisk together eggs and milk and pour mixture over each bread nest.
4. Bake at 180°C for 25-27 minutes, or until bread is golden and crisp and eggs are set. Cool for at least 10 minutes before serving.

Tips / Handy Hints

Preparation time: 20 minutes. Cooking time: 25 minutes. Using bread as the casing for these nests is great low fat alternative to pastry. These mini nests are delicious as a lunchbox treat, for a picnic or for a weekend lunch treat. Mini nests can be eaten cool or warm, they will keep refrigerated for up to 4 days. They will freeze well and when thawed may be refreshed in the oven for a couple of minutes.

Cheese, Spinach and Zucchini Rice Slice

makes

12

serves

6

Ingredients

- 2 medium zucchini, grated
- 200g frozen spinach, thawed and squeezed dry
- 4 spring onions, finely sliced
- 2/3 cup long or medium grain rice
- 2/3 cup grated cheddar cheese
- 1/4 cup grated parmesan cheese
- 3 eggs
- 3/4 cup milk
- Freshly ground black pepper

Method

1. Combine zucchini, spinach, spring onion, rice and cheeses in a large bowl and toss to coat.
2. Whisk together the eggs, milk and pepper and stir into the rice mixture.
3. Spread rice mixture into a deep 20cm x 30cm baking paper lined dish, cover with foil and bake at 180°C for 30 minutes. Remove foil and cook for a further 30 minutes until eggs have set and rice is cooked. Cool to room temperature before serving or refrigerate until required.
4. To serve, cut into 20 squares and serve warm or cold.

Tips / Handy Hints

Preparation time: 20 minutes. Cooking time: 30 minutes. This rice slice is a delicious lunchbox idea that can be used as an alternative to sandwiches. Enjoy warm or cool. Vary flavourings by adding corn kernels, lean ham, grated pumpkin or carrot in place of the spinach. Try using different types of cheeses like crumbled ricotta or feta.





Banana Yogurt Muffins with Cream Cheese Tops

makes **12**



Ingredients

- 125g cream cheese
- 1/4 cup skim milk powder
- 1/4 cup dried cranberries
- 1 tablespoon sunflower seeds
- 1 tablespoon honey
- 1 3/4 cups self-raising flour
- 2 teaspoons cinnamon
- 1/3 cup caster sugar
- 2 medium bananas, mashed
- 2 eggs
- 1 1/2 cups vanilla flavoured yogurt
- 1/4 cup vegetable oil

Method

1. Combine cream cheese, skim milk powder, cranberries, seeds and honey to make a topping and set aside.
2. Sift flour and cinnamon into a large bowl, stir in sugar. Whisk banana, eggs, yogurt and oil in a jug, pour into dry ingredients and gently fold together until just combined. Spoon mixture into 12 x 1/3-cup capacity, paper case lined muffin pans.
3. Evenly dollop the cream cheese topping over the muffins. Bake at 180°C for 25 to 30 minutes. Allow to stand for 5 minutes before turning onto a wire rack. Serve warm or cool.

Tips / Handy Hints

*Preparation time: 20 minutes.
Cooking time: 30 minutes.*



Fruit and Chocolate Muesli Slice

makes **16**



Ingredients

- 1 cup self-raising flour
- 1/4 cup skim milk powder
- 2 tablespoons shredded coconut
- 1/2 cup firmly packed brown sugar
- 2 tablespoons sunflower seeds
- 1/2 cup rolled oats
- 1/3 cup sultanas
- 1/3 cup chopped dried apricots
- 1/3 cup chopped dried dates
- 3/4 cup milk
- 1 tablespoon butter or dairy spread, melted
- 2 eggs
- 30g dark chocolate, melted
- 1 tablespoon shredded coconut, extra

Method

1. Combine flour, milk powder, coconut, sugar, seeds, oats and dried fruit in a large bowl. Whisk together the milk, dairy spread and eggs, pour into flour mixture and gently mix until just combined.
2. Pour mixture into a baking paper lined 30x15cm slice pan and bake at 180°C for 25-30 minutes or until firm. Stand slice in pan for 15 minutes. Turn out onto a wire rack to cool completely.
3. Cut into 16 pieces, then drizzle with melted chocolate and sprinkle with extra coconut.

Tips / Handy Hints

Preparation time: 15 minutes. Cooking time: 30 minutes. Substitute the dried fruits in this recipe for your child's favourites.



Macaroni and Cheese Muffins

makes
12

Ingredients

- 2 cups elbow pasta or macaroni
- 1/2 cup grated pumpkin
- 1/2 cup grated carrot
- 2 tablespoons water
- 2 tablespoons self raising flour
- 1/4 cup milk
- 1 teaspoon dijon mustard
- 3 eggs
- 125g can corn kernels, drained and rinsed
- 2 cups grated cheddar cheese
- 2 tablespoons finely grated parmesan cheese

Method

1. Boil macaroni for 10 minutes or until al dente, drain.
2. Meanwhile, place pumpkin, carrot and water in a microwave safe steamer and steam on high for 3 minutes. Stand for 2 minutes before lightly mashing with a fork.
2. Whisk flour, milk, mustard and eggs together in a large bowl, then mix in cheddar cheese, corn, mashed vegetables and macaroni until combined.
4. Spoon mixture into paper case lined muffin pans and sprinkle with parmesan. Bake at 180°C for 20-25 minutes until golden brown. Cool for at least 15 minutes before serving. Muffins can be served warm, at room temperature or even cold.

Tips / Handy Hints

Suitable to freeze.



Easy Cheesy Muffins

serves
12

Ingredients

- 2 cups self raising flour
- 2 cups cheese grated
- 2 cups milk

Method

1. Preheat oven to 180 degrees.
2. Mix together the ingredients in a large bowl. Spoon out into muffin tins.
3. Bake at approx 180 degrees for 30 minutes until golden brown.
4. These muffins are only a fairly basic recipe so for more taste you can add 1 cup of the these mixes such as: Bacon - chopped finely, Tomatoes, Mushrooms or Pineapple.

Tips / Handy Hints

Easy Cheesy Muffins can be frozen, wrapped in plastic wrap or placed in GLAD Snap Lock bags for up to twelve weeks.

Grease your pan well, these are notorious for sticking. Alternatively place a spoonful on mixture on a baking tray and cook like flat cakes.



Homemade Chocolate Yogo

serves
4

Ingredients

- 4 tbsp cocoa
- 4 tbsp cornflour
- 1/2 cup castor sugar
- 800 ml milk

Method

1. Sift dry ingredients together and mix with 300ml of the milk.
2. Meanwhile, bring to the boil the remaining 500ml of milk.
3. Whisk in the chocolately milk.
4. Continue whisking on low heat until it thickens (can take up to 5 minutes).
5. Pour into a bowl and cover with plastic film so it touches the top of the Yogo and pop it into the fridge until it cools.



Tips / Handy Hints

Homemade Chocolate Yogo can be frozen, it tastes like a chocolate Paddlepop! However it does tend to separate a little on defrosting - so it will need a good stir.

Can be frozen for up to two weeks.

For a strawberry version, substitute the cocoa and half the sweetener for two tablespoons of strawberry Quik. Homemade Chocolate Yogo can be kept in the fridge in a sealed air tight container for up to three days.

START AND END YOUR DAY WITH DAIRY

This recipe eBook has been custom built by Stay at Home Mum in collaboration with Dairy Australia and is full of easy and nutritious ways to ensure your family's weekly menu is packed with delicious dairy.

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www.legendairy.com.au