

# Dairy delights



## Fresh snack ideas

### Fruit parfait

Chop fruit. Place in individual bowls on the table with yoghurt and muesli. Let children assemble their own snack, layering yoghurt and fruit.

### Cheese with wholemeal crackers

Use wholegrain crackers and serve with cheese and veggie sticks.

### Cheese toastie mini triangles

A hot, melted cheese toastie made on wholemeal bread is a source of fibre, iron and calcium. Serve cut into triangles.



### Creamy rice pudding

Creamy rice pudding is a good source of dairy, grains and calcium. Limit the use of added sugar.

### Yoghurt/custard

Yoghurt and custard are the perfect mid-meal snack, high in protein and calcium. Serve solo or with fruit.

### Plain milk

Plain milk is high in protein and calcium. It is a great drink to serve alongside other snacks.



## Frozen/chilled delights

### Smoothies

Mix fresh or frozen fruit in a blender with milk and yoghurt. Unused smoothie mix can be poured into popsicle moulds and frozen for a healthy iceblock later.

### Banana and strawberry pops

Thread peeled banana chunks and berries onto popsicle sticks. Give children individual bowls with yoghurt to dip their fruit pop in. Serve fruit fresh or frozen.

### Homemade frozen yoghurt sticks or moulds

Blend or juice the chosen fruit. Pour  $\frac{1}{3}$  mix into moulds or cup. Pour yoghurt into the moulds and freeze. Or, alternate layers with yoghurt and fruit or mix all together and freeze for a tasty treat.



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Munch & Move

