



MEALTIME MENTORS™

— RESOURCES & RECIPES —

Moo-ve on over, there's a new milk in town! Goat milk is a favorite beverage the world over, and its popularity is gaining in the United States. Green Goat's goat milk is so creamy, smooth and mild, you'll want to pour another glass!

Green Goat milk products are produced by a collection of family farms dedicated to raising happy, healthy goats. Try sipping Green Goat on its own or adding it to your favorite recipes. It is great as a coffee creamer or in a smoothie, or mixed into your favorite sweet or savory dishes. The possibilities are endless! With every serving you're getting 28% more calcium, 27% more magnesium and 40% more iron than cow milk. Try Green Goat in one of your favorite recipes today.

Festival's Mealtime Mentors™ are registered dietitians and offer recipes and resources for a healthier you! Visit www.FestFoods.com/Meals to explore recipes and filter based on diet, cooking method, course and more.



From left to right: Jenni Dreyer, MS, RDN, CD, Casey Crevier, RDN, CD and Lauren Tulig, RDN, CD

\$4.49

GREEN GOAT
WHOLE GOAT MILK
32 oz

