

HISPANIC DAIRY

Flavor Trail

Cheeses, cremas and drinkable yogurts are staples in Hispanic food culture. Here are a few ways to work them into everyday meals and discover authentic flavors. Hispanic dairy offers variety, versatility and affordability.

Hispanic Dairy AT A GLANCE:

25+ CHEESE VARIETIES

*Fresh, melting
& hard*

CHEESE PROFILES

*Very mild to strong,
salty, spicy or nutty*

CREMA

*Use in place of sour
cream or crème fraîche*

DRINKABLE YOGURT

*Everyday &
unexpected flavors*

*start
HERE*

I SEEK FOOD ADVENTURE

**Ethnic
Breakfast
- Anytime**

Use
QUESO FRESCO
+ fried egg in a
breakfast torta

Top avocado toast with
PANELA or
QUESO BLANCO
cheese

**Twist on
Kid Favorites**

Use
ASADERO
in grilled cheese
sandwiches

Try
OAXACA
as a pizza cheese

I NEED QUICK & EASY FAMILY MEALS

**Cast Iron
Skillet Meal**

Combine
CREMA in a
Casserole or
Dessert

Top with
fried cubes of
QUESO BLANCO
cheese

**Meal in
a Bowl**

Start with a grain, add
COTIJA CHEESE,
meat, veggies and
herbs/spices

Use
**DRINKABLE
YOGURT**
as the dressing

I WANT TO SNACK HEALTHY

**At Home &
Work**

Mix
**DRINKABLE
YOGURT**
into a smoothie for
a beverage with
benefits

Sprinkle
COTIJA CHEESE
on popcorn for elevated
protein and umami

Grab & Go

Use **REQUESON**
cheese as a
fruit dip

Pre-cut slices of
**QUESO
QUESADILLA
& ASADERO**
cheeses

California's rich Latin culture and heritage help make the state the country's leading producer of Hispanic-style cheese and dairy products. Look for Real California Milk or Cheese seals to certify that a product is made with 100% California milk produced by family farmers.



Look for the Seal

California Milk Advisory Board

RealCaliforniaMilk.com

