

Real Healthy SNACKING

POWERED BY REAL CALIFORNIA DAIRY

FOLLOW THE ARROWS DOWN OR ACROSS FOR A DIY HEALTHY SNACK
BROUGHT TOGETHER BY NUTRITIOUS CALIFORNIA DAIRY INGREDIENTS



AVOCADO



OLIVE OIL



OLIVES



THYME



CHIA SEEDS

or



BLACK QUINOA

Thyme for Protein SAVORY YOGURT BOWL

1 cup of non-fat, plain yogurt = 14 grams protein

Additional Nutrients:
Fiber, Healthy fats



PECANS



PUMPKIN SEEDS



BANANA



HONEY



CINNAMON



NUTMEG

Sweet Seed TOAST-ME-UP

1 slice (1 oz.) of Cheddar cheese = 6.5 grams protein

Additional Nutrients:
Calcium, Potassium



BERRIES



HONEY



PINEAPPLE



GRAPES



KALE



SPINACH



POWER GREENS



Kale-ifornia POWER-UP

1 cup of 2% milk = 293 mg calcium

Additional Nutrients:
Calcium, Antioxidants



Recipe Tip: Blend with ice for a thicker smoothie

Crunchy Berry BOOST BOWL

1 cup of non-fat, plain yogurt = 14 grams protein

Additional Nutrients:
Antioxidants, Magnesium



Recipe Tip: Spread on foil-covered cookie sheet and freeze for a bark

Kali-Thyme TOAST

1 slice (1 oz.) of Cheddar cheese = 6.5 grams protein

Additional Nutrients:
Calcium, Fiber, Potassium

Sunrise PORRIDGE

1 cup of 2% milk = 293 mg calcium

Additional Nutrients:
Fiber, Potassium



Recipe Tip: Combine ingredients in a jar and soak overnight in fridge



Look for the Seal

California Milk Advisory Board

RealCaliforniaMilk.com

