SCRUMPTIOUS Snacks with REAL CALIFORNIA DAIRY

REAL CALIFORNIA MILK
CALIFORNIA CA GROWN
BANISH BORING SNACKS FOREVER WITH THESE YUMMY AND FUN SNACK IDEAS!

Whether you’re feeding a crowd, need after school snack inspo, or simply wanting a little indulgence, these creative snack recipes are sure to inspire you.

You can feel good about snacks made with Real California Dairy. Not only are dairy products rich in protein and calcium, they also contain B vitamins which help your body convert food into fuel. And let’s not forget that they are absolutely delicious!

When purchasing dairy products, be sure to look for foods made with 100% Real California Dairy that feature the Real California Milk seal.

Enjoy!
MAKE YOUR OWN PARTY DIP

This fun, interactive snack encourages people to be the master of their own dip while offering big, bold flavors for them to choose from. Set up three different “stations” with dip flavor mix-ins and a variety of tortilla chips, sweet potato chips, potato chips, crackers, and/or crudités. The easy base dip is made from Real California Sour Cream and Cottage Cheese which is flavorful and delicious on its own. But with three unique dip flavors as inspiration, your guests may surprise you with their creative mix-and-match dip making skills. Whose dip will reign supreme?

INGREDIENTS:

For the base
(yields about 3 ½ cups):

1 pint Real California Sour Cream
1 pint Real California Cottage Cheese (small curd)
1 cup mayonnaise
1 ½ teaspoons sea salt
1 ½ teaspoons garlic powder
1 ½ teaspoons onion powder

DIRECTIONS:

Put all ingredients into the bowl of a food processor fitted with a steel blade attachment and blitz until completely smooth.

All in the Family

Did you know that 99% of California dairies are family owned? When you see the Real California Milk seal, you can feel good knowing that the product is made with 100% Real California Milk from California dairy farm families.
MEXICAN-STYLE MIX-INS:
1 cup shredded Real California Cheddar
1 4 oz. can diced green chiles
1 tablespoon chili powder
½ teaspoon dried oregano
½ teaspoon smoked paprika
1½ teaspoons ground cumin

Mix chili powder, oregano, paprika and cumin together in a bowl.

GREEN GODDESS MIX-INS:
1 cup finely chopped fresh basil leaves
1 cup finely chopped fresh dill leaves
1 cup finely chopped green onions
2 lemons, cut into wedges

CARAMELIZED ONION MIX-INS:
2 large yellow onions, peeled and thinly sliced
4 tablespoons Real California Unsalted Butter
2 tablespoons olive oil
¼ teaspoon ground cayenne pepper
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper

TO SERVE:
Split the base dip into three small serving bowls. Plan to give each guest a small bowl and spoon for mixing up their own dip creation.

For the Mexican-Style Dip — Put the shredded cheddar cheese into a bowl, the diced green chiles and blended spices into separate smaller bowls. Set one portion of the dip base near the mix-ins and have a platter of tortilla chips, sweet potato chips, jicama sticks, and small halved bell peppers nearby.

For the Green Goddess Dip — Place each of the herbs into separate small bowls, or mix them together, if desired. Put the green onions and lemon slices into separate small bowls. Set one portion of the dip base near the mix-ins and have a platter of crudites nearby.

For the Caramelized Onion Dip — Set the last portion of dip base near the bowl of caramelized onions. Have a platter of potato chips, sweet potato chips, or crackers nearby.

To Make the Caramelized Onions:
Melt butter with olive oil in a large skillet over medium heat. Add onions, cayenne pepper, salt and pepper and sauté for 10 minutes. Reduce the heat to medium-low and cook, stirring occasionally, for 20 minutes more until the onions are browned and caramelized. Allow the onions to cool completely.
Mix-ins:
2 large yellow onions, peeled and thinly sliced
4 tablespoons Real California Unsalted Butter
2 tablespoons olive oil
¼ teaspoon ground cayenne pepper
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper

To Make Caramelized Onions:
Melt butter with olive oil in a large skillet over medium heat. Add onions, cayenne pepper, salt and pepper and sauté for 10 minutes. Reduce the heat to medium-low and cook, stirring occasionally, for 20 minutes more until the onions are browned and caramelized. Allow the onions to cool completely.

Grilled Cheese Roll Ups

Pizza Grilled Cheese Roll Ups
Grilled cheese — but make it pizza! Here's an easy snack idea that tastes like delicious cheesy pizza but is way easier to make. Use soft bread with the biggest slices for easier rolling.

Yield: 12 Pizza Grilled Cheese Roll Ups

INGREDIENTS:

- 12 large slices of soft white bread
- 12 slices of Real California Provolone or Mozzarella, about 8 ounces
- 48 slices of pepperoni (optional)
- 2-4 tablespoons of Real California Butter
- 1 cup of marinara sauce (for dipping)

DIRECTIONS:

Cut the crusts off of the bread and roll each slice with a rolling pin until it is thin and pliable. Layer each slice of bread with one slice of cheese and four slices of pepperoni (if using).

Melt butter in a large non-stick skillet. One-by-one, carefully roll the bread slices tightly into a log-shaped roll and place seam side down in the melted butter. You will need to press the bread into the pan slightly so it holds its rolled shape. Nestle the remaining rolls in the pan, pressing down gently as needed so they hold their shape. Cook until lightly golden brown. Carefully turn each slice a quarter of a rotation and cook until lightly golden brown. Repeat on each of the remaining sides, adding additional butter to the pan as necessary to keep them from sticking.

Once the grilled cheese roll ups are golden brown on all sides, place on a serving platter with a bowl of warm marinara sauce for dipping.
CHEESY

Tot Bites
These epic Cheesy Tot Bites are equally perfect for game day munching or an after school snack. Top with Real California Jack or Cheddar Cheeses, or spice it up with some Pepper Jack. You do you.

Yield: Makes 2 dozen

INGREDIENTS:

- ½ package of “crown-style” potato tots (about 50)
- 10 small tomatoes, approximately the size of a golf ball (such as Campari)
- 10 oz. Real California Jack Cheese (or Pepper Jack, Cheddar, or Havarti)
- 25 gherkin pickles

DIRECTIONS:

Bake the tots on a baking sheet according to package directions. While the tots bake, slice each tomato into three horizontal slices. Cut cheese into 25 squares, approximately 1½ inches wide and ¼ inch thick. Set aside.

Remove the tots from the oven. Set oven to broil and move the oven rack to about 6 inches from the heat source. Top half of the tots with a slice of tomato and then a slice of cheese. The other half of the tots will be the tops of the tot bites.

Return the baking sheet to the oven and broil for about 1-2 minutes, watching carefully, until the cheese melts and begins to bubble. Remove from the oven and carefully top the cheesy tots with the remaining tots, top with a gherkin pickle, and use a toothpick to secure them together into a tot bite. Serve immediately.

Something to Smile About

Real California Dairy products contain calcium, phosphorus and vitamin D which help build and maintain strong bones and teeth. Now that’s really something to smile about!
FROZEN YOGURT Snack Bites 2 WAYS
FROZEN YOGURT SNACK BITES 2 WAYS

The possibilities are endless with these Frozen Yogurt Snack Bites. Whether you choose bright sprinkles or fresh fruit, these are fun to make and fun to eat!

INGREDIENTS:

For the Birthday Cake flavor (yields 24):
1 cup plain Real California Yogurt
2 tablespoons honey
2 tablespoons rainbow sprinkles, plus more for sprinkling on top
1 teaspoon clear vanilla flavor (or pure vanilla extract)
1 cup of your favorite granola

For the Fruity flavor (yields 24):
1 cup plain Real California Yogurt
1 cup mashed berries (strawberries, blueberries, raspberries or a mixture)
2 tablespoons honey
1 cup of your favorite granola

DIRECTIONS:

Arrange 24 mini cupcake liners in a mini muffin tin, on a plate, or on a baking sheet and set aside.

To make the birthday cake filling, whisk the yogurt, honey, rainbow sprinkles, and clear vanilla flavor in a medium bowl.

To make the fruity filling, add the fruit to a medium bowl and drizzle the honey over top. Using a fork or potato masher, mash the fruit with the honey until the fruit is smashed and juicy. If you are using soft berries you can mash the fruit whole. If you're using firmer strawberries, dice them into smaller pieces before mashing into the honey. Stir the berry honey mixture into the yogurt and mix until combined.

Assemble the bites. Place a teaspoon or two of the granola in the bottom of each prepared cupcake liner. Top with a spoonful of the frozen yogurt mixture. Top the birthday cake bites with additional sprinkles to garnish. Top the fruity bites with whole or sliced berries to garnish.

Place the frozen yogurt bites in the freezer to set for at least 2 hours before serving. To store the bites remove them from the mini muffin tin and place in a zip top bag and store in the freezer for 2-3 weeks (if they last that long).

Waste Not!

Food waste is a big problem, and much of it happens due to confusion over “best by”, “sell by” or “use by” dates on packages. In fact, none of those terms refer to the freshness of the product. With proper handling and storage, most dairy products are safe to eat until there are visible signs of spoilage or any “off” smells, regardless of any date on the package.
MINI UNICORN YOGURT SMOOTHIES
These magical Mini Unicorn Yogurt Smoothies may look like dessert, but they’re packed with healthy ingredients like Real California Yogurt and Milk as well as fresh and frozen fruit.

Yield: 4 snack-sized smoothies (8 ounces each)

**INGREDIENTS:**

**For the pink layer:**
- 1 cup Real California Plain or Vanilla Yogurt
- 1 cup crushed ice
- 1 cup frozen raspberries
- ½ banana
- ¼ cup Real California Milk

**For the purple layer:**
- 1 cup Real California Plain or Vanilla Yogurt
- 1 cup crushed ice
- 1 cup frozen blueberries
- ½ banana
- ¼ cup Real California Milk
- 1 teaspoon blue spirulina powder, optional

**For the topping:**
- 1 cup Real California Heavy Cream
- 2 tablespoons sugar
- 1 teaspoon pure vanilla extract
- Orange wedge
- Rainbow sugar sprinkles
- Unicorn sprinkles

**DIRECTIONS:**

Make the pink layer. Add all ingredients into a blender and pulse until smooth, scraping down the sides of the blender with a spatula once or twice to make sure everything is incorporated. Pour the mixture into a medium mixing bowl and set in the freezer to chill.

Make the purple layer. Add all ingredients into a blender and pulse until smooth, scraping down the sides of the blender with a spatula once or twice to make sure everything is incorporated. Pour the mixture into a medium mixing bowl and set in the freezer to chill.

Make the whipped cream. Put the heavy cream in a medium bowl and beat until soft peaks form. Add the sugar and vanilla and continue to beat until stiff peaks form.

Layer the smoothies. Rub the edge of 4 small cups or jars with the cut orange. Pour 1-2 tablespoons of rainbow sugar sprinkles onto a plate. Dip the tops of the jars into the sprinkles to create a sugar-rimmed glass. Set aside.

Take the smoothie mixtures out of the freezer. Spoon the mixtures into the jars, alternating colors, to create a striped pattern. Spoon the whipped cream on top, or use a decorative piping tip to create a whipped cream swirl. Top with additional rainbow sugar sprinkles or unicorn theme sprinkles, if desired. Serve immediately.

**Good for Cows, Good for the Planet**

About 40% of a California dairy cow’s diet consists of byproducts from food and fiber production that we can’t eat, like almond hulls, brewers grain, and grape pomace. Cows, through their unique digestive process, are able to upcycle these items into quality milk for the dairy foods we love. What’s more, the carbon footprint at California dairies has shrunk 45% over the past 50 years and is among the smallest per gallon of milk produced in the world.
HIBISCUS
Vanilla Bean
PUDDING CUPS
HIBISCUS VANILLA BEAN PUDDING CUPS

Hibiscus flower tea gives these pudding cups a beautiful rosy color and sweet tart flavor. This recipe calls for both Real California Milk and Evaporated Milk, which lends the pudding an extra rich and silky texture. Yield: 6 servings

**INGREDIENTS:**

- 1 1/3 cups of Real California Whole Milk, divided
- 1 5 oz. can of Real California Evaporated Milk (2/3 cup)
- 3 tablespoons cornstarch
- Pinch of sea salt
- 3/4 cup sugar
- 4 bags of hibiscus flavored tea
- 1/2 of a vanilla bean
- 3 egg yolks
- Real California Whipped Cream + berries for garnish

**DIRECTIONS:**

1. In a small bowl whisk together ¼ cup of milk with the cornstarch and set aside.
2. In a medium saucepan, whisk together the remaining milk, evaporated milk, salt and sugar. Allow the mixture to heat over medium until it’s steaming hot, but not boiling. Remove from heat. Drop the tea bags and the vanilla bean into the milk and allow to steep for 30 minutes. Occasionally use the back of a spoon to lightly press the milk out of the tea bags. It will be bright pink and begin to turn the milk mixture a rosy color. After 30 minutes, give the teabags a final squeeze into the pan and remove the bags from the milk. Remove the vanilla bean and using a sharp knife, scrape the seeds out of the pod and stir into the milk mixture.
3. Place the egg yolks in a medium bowl (reserve the whites for another use). Return the milk to the stove and heat again until the mixture is steaming. Once the milk is hot (but not boiling), slowly whisk about ½ cup into the yolks to temper them. Pour the yolk mixture into the pan with the milk, along with the cornstarch mixture. Whisk well to combine.
4. Continue to cook over medium heat, whisking constantly, until the mixture begins to bubble around the edges and becomes thick enough to coat the back of a spoon. Remove from heat and pour through a fine mesh strainer into a heatproof bowl.
5. Pour the strained pudding into 4-6 small bowls and top each with a layer of plastic wrap to prevent a skin from forming. Allow to chill for several hours before serving. Top with freshly whipped cream and berries before serving.

**For the topping**

- 1 cup Real California Heavy Cream
- 2 tablespoons sugar
- 1 teaspoon pure vanilla extract

Make the whipped cream. Put the heavy cream in a medium bowl and beat until soft peaks form. Add the sugar and vanilla and continue to beat until stiff peaks form. Top with freshly whipped cream and berries before serving.

**Pantry Power!**

Evaporated milk is a canned, concentrated, low-moisture milk that offers a thick, rich texture to both sweet and savory recipes. It has emulsifying properties that make puddings creamier, macaroni and cheese silkier, and can stand in for heavy cream in soups and sauces. Because it’s shelf-stable, it’s a great item to stock up on!
S'mores Ice Cream Sandwiches
These chocolate dipped S’mores Ice Cream Sandwiches have all the flavors of the real deal, but no campfire required! Toasty marshmallows are folded into store-bought Real California Vanilla Ice Cream making this a simple and delicious treat the whole family will love.

**Yield:** 12 Ice Cream Sandwiches

**Ingredients:**
- 1 package large marshmallows (10 oz.)
- 1 1.5 quart carton of Real California Vanilla Ice Cream
- 24 graham crackers

**For the chocolate dip:**
- 1 ¼ cups semi sweet chocolate chips
- 1 tablespoon coconut oil

**Directions:**

1. Set your oven to broil and move your oven rack to 6 inches below the heat. Line a baking sheet with parchment and place the marshmallows on the prepared sheet in a single layer. Place the marshmallows in the oven and broil for 1-2 minutes, watching carefully, until marshmallows are dark golden brown. Immediately remove from the oven and set aside.

2. Scoop the ice cream into the bowl of a stand mixer fitted with a paddle attachment. Add the roasted marshmallows and beat until the marshmallows are evenly incorporated into the ice cream. The ice cream will be very soft. Spoon the ice cream to its original container - expect it to lose some volume. Return the ice cream to the freezer and freeze until solid, at least 2 hours.

3. Break 24 graham crackers into squares so you have a total of 48 pieces. Place half of the squares on a baking sheet lined with parchment paper. Scoop about ¼ cup of the marshmallow ice cream onto each cracker on the baking sheet and top with the remaining halves, pressing down slightly to flatten the ice cream sandwich. Place in the freezer while you prepare the chocolate dip.

4. Put the chocolate chips and coconut oil in a microwave safe bowl. Microwave on high for 1 minute. Stir the mixture until the chocolate chips are entirely melted and smooth. If necessary, return mixture to the microwave in 15 second increments, stirring well between each.

5. Remove ice cream sandwiches from the freezer and dip each about half way into the melted chocolate mixture. Hold the sandwich over the bowl to let excess chocolate run off, then return it to the prepared baking sheet. Repeat with all of the ice cream sandwiches. Place the ice cream sandwiches in the freezer for about an hour before eating. To store, wrap each sandwich in plastic wrap and place wrapped sandwiches in a large zip top bag. Ice cream sandwiches may be stored in the freezer for 2-3 weeks.

**We’re #1!**
California leads the nation in sustainable dairy production and is number one in milk, ice cream, butter, nonfat dry milk and whey protein concentrate, and is the second largest producer of cheese and yogurt.
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CA GROWN x REAL CALIFORNIA MILK

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