



# Fun With Plants and Dairy!



## Try this at home:

Put equal amounts of juice and yogurt, about ½ cup each, in a jar with a tight fitting lid. Shake until smooth.



You made Drinkable Yogurt!

Refrigerate leftovers!

The liquid on top of yogurt is called “whey.” It contains a lot of calcium, so stir it in.



## Did you know?

When you eat dairy and plants together, you get a range of nutrients to keep you healthy!



One serving of cheese looks like 4 dice-sized cubes.

## Savory Yogurt Dip



### Ingredients

- ½ cup nonfat plain yogurt
- ⅛ teaspoon garlic powder
- ¼ teaspoon basil or cumin
- ¼ teaspoon oregano
- ⅛ teaspoon salt
- ⅛ teaspoon pepper

### Directions

1. Wash hands with soap and water.
2. Mix all ingredients in a small bowl.
3. Use as dip for veggies or topping for wraps.
4. Refrigerate leftovers within 2 hours.

Visit [www.foodhero.org](http://www.foodhero.org) for more recipes!



## Kids Can!



## Food Hero Cooking Class Challenge

It's fun to taste food that you helped make! You can help by:

- washing and slicing soft fruit.
- adding the fruit to your smoothie!

