

# media release

*Colorado Department of Agriculture*

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## FOR IMMEDIATE RELEASE

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### ***Celebrate National Dairy Month With Simple Summer Parfait***

LAKESWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado dairy products are featured in the **Quick and Easy Summer Yogurt Parfait** recipe.

#### **Available Now...Dairy Products**

June is National Dairy Month! Celebrate by enjoying Colorado dairy products such as milk, cheese and yogurt. Enjoying three servings of milk, cheese or yogurt every day is a deliciously easy way to help build stronger bones and healthier bodies because together, these foods provide a powerful package of nine essential nutrients including calcium, potassium, phosphorus, protein, vitamins A and D, B12, riboflavin and niacin. Look for Colorado dairy products at your local grocery store, farmers' market or at restaurants across the state.

#### **Quick and Easy Summer Yogurt Parfait**

*Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District*

1/2 Cup Plain Yogurt

1/2 Cup Strawberries, diced

2 Tbsp. Granola

Place the yogurt into a small cup or bowl. Dice strawberries and place over the top of the yogurt, then sprinkle the granola on the top. Serve well chilled. Makes a great quick breakfast for kids on the go. For added convenience the recipe can be made in a disposable container, kept on ice and enjoyed while outdoors.

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

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