



# FarmFresh

## Recipes

June 2013

### Available Now...

#### Dairy Products

June is National Dairy Month! Celebrate by enjoying Colorado dairy products such as milk, cheese and yogurt.



#### Fun Facts

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.

*Fact courtesy of the Western Dairy Association.*



### Fresh Inspirations...

#### Quick and Easy Summer Yogurt Parfait

##### Ingredients

- 1/2 Cup Plain Yogurt
- 1/2 Cup Strawberries, diced
- 2 Tbsp. Granola

##### Directions

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.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

Next Month... Colorado Watermelon