

# Lemon Velvet Supreme

DAIRY  
2<sup>nd</sup> Graders

Captain CREATE Recipes to Try at Home

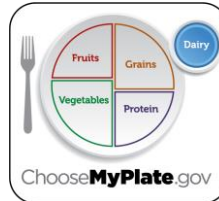
## INGREDIENTS

- 2 cups fat-free or low fat lemon yogurt
- 4 graham crackers crushed
- 2 8-ounce can mandarin oranges in juice, drained

Source: adapted from UMass Extension Nutrition Education Program, CHOICES Steps Toward Health

## DIRECTIONS

Layer bottom of serving dish with crushed graham crackers. Layer the lemon yogurt over the top of graham crackers. Top with mandarin oranges.



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# Avocado Melon Breakfast Smoothie

DAIRY  
2<sup>nd</sup> Graders

Captain CREATE Recipes to Try at Home

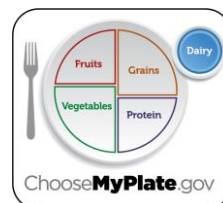
## INGREDIENTS

- 1 large ripe avocado
- 1 cup honeydew melon chunks (about 1 slice)
- 1/2 lime, juiced (1 1/2 tsp lime juice)
- 1 cup (8 oz.) 1% or skim milk
- 1 cup fat-free fat free or low fat plain yogurt
- 1/2 cup 100% apple juice or white grape juice
- 1 Tbsp honey

## DIRECTIONS

Cut avocado in half, remove pit. Scoop out avocado flesh, place in blender. Add remaining ingredients; blend well. Serve cold. (Keeps well in refrigerator up to 24 hours. If made ahead, stir gently before pouring into glasses.) Serve it with 1 slice of whole grain toast.

Source: Produce for Better Health Foundation



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