INNOVATION IN NUTRITION EDUCATION
BC DAIRY FOUNDATION

Teen Years

A Once in a Lifetime Chance to Build Bone

Recipes for Calcium-Rich Snacks

Power Strawberry Smoothie

Ingredients

- Unsweetened frozen strawberries — 10 (about 200g)
- Milk — 2 cups
- Sugar or honey — to taste

Equipment

- Blender
- Measuring spoons
- Rubber spatula
- Small serving cups
- Cooler or fridge (to store milk and frozen strawberries)

Makes about 1 litre (4 cups) or 20-3 Tbsp servings

1. Combine ingredients in a blender.
2. Blend until smooth. Serve immediately.

Tip:

- Experiment by adding ingredients such as banana or a few scoops of ice cream or yogurt.
- Substitute other frozen fruit such as raspberries, blueberries, blackberries or peaches for the strawberries.

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Express Muesli

Ingredients*

- Regular rolled oats (not instant) — 1 cup
- Barley flakes — 1 cup
- Wheat flakes — 1 cup
- Raisins — ½ cup
- Dried cranberries — ½ cup
- Diced dried apricots — ½ cup
- Sunflower seeds — ½ cup
- Coconut — ½ cup
- Chopped nuts — ½ cup
- Cinnamon in a shaker
- Sugar for topping
- Milk or yogurt

*These ingredients and quantities are just guidelines. Adjust these to suit your needs in terms of cost, availability of ingredients and food allergies.

Equipment

- Bowls and serving spoons for each ingredient
- Measuring cup
- Individual bowls and spoons for each student

1. Portion each ingredient into individual bowls. Use a tablespoon to serve the grains and a teaspoon to serve the dried fruit, nuts and seeds.
2. Line up the serving bowls in a row.
3. Invite your friends to take a spoonful of each of the ingredients to mix together in their own bowls. They may sprinkle cinnamon and/or sugar on top of the mix.
4. Pour milk or yogurt over muesli. Enjoy!

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Recipes for Calcium-Rich Snacks

Yogurt Sundaes

Ingredients

- Plain yogurt 1 container (650 mL)
- Berries
- Bananas
- Apples
- Apricots
- Peaches,
- Pineapple
- Raisins
- Dates
- Coconut
- Granola
- Sunflower seeds,

Equipment

- Small bowls
- Dessert dishes
- Spoons

Here is how

1. Set out an assortment of fresh or unsweetened, canned or frozen fruits, coconut and granola in small bowls.
2. Invite everyone to create his own special yogurt sundae by mixing together fruit and some yogurt and by topping with a spoonful of granola.

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