Nutrition Info

Yogurt is an excellent source of protein, calcium and potassium. Yogurt also has beneficial probiotics, which are live bacteria that help keep our digestive system healthy.

Fun Facts

Many of the yogurt varieties in the United States are made from cow’s milk, but yogurt can also be made from other milks including goats, sheep or non-dairy options like soy or coconut.

Regular yogurt is traditionally unstrained, resulting in a smoother, more liquid consistency. Greek yogurt is strained and has less liquid. As a result it is thicker and creamy. Try both to see what you like best!

Uses

Yogurt makes a great snack! Add fresh fruit, granola, or whole grain cereal on top as a crunchy topping.

Plain yogurt is a great substitution for sour cream. Top your tacos and baked potatoes with yogurt, or use yogurt as the base of a fresh veggie dip.

Family Friendly Activities

Have a smoothie making contest with your whole family! There are many different types of smoothies and you can be creative and come up with your own recipe. The one rule is everyone’s recipe must use yogurt. Some ideas for add-ins are: frozen or fresh fruit, almond milk, kale, pumpkin puree, spinach, peanut butter, or cocoa powder.

Farm2School Updates

This month leaders of all the Coulee Region Farm2School sites met with local company, Reinhart Food Service to continue to plan for how locally grown foods can be added to breakfast and lunch menus! Reinhart is based in La Crosse, but their company delivers food to schools and restaurants throughout the United States!
Berry Oat Breakfast Smoothie

Serves 2

Ingredients:
1 ½ cups frozen mixed berries
1 cup milk
¾ cup vanilla yogurt
¼ cup quick cooking oats

Directions:
Place all ingredients in a blender. Cover and blend until smooth. Add additional milk, if needed, to achieve desired consistency. Serve!

For more information on Farm2School visit www.laf2s.org

Nutrition Facts
Serving Size (339g)
Serving Per Container 2

Amount Per Serving
Calories 210 Calories from Fat 30

% Daily Value*
Total Fat 3.5g 5%
Saturated Fat 1.5g 8%
Trans Fat 0g

Cholesterol 10mg 3%
Sodium 130mg 5%

Total Carbohydrate 37g 12%
Dietary Fiber 3g 12%

Sugars 24g

Protein 11g

Vitamin A 6% • Vitamin C 80%
Calcium 35% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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