



PURPLE COW

Add 1-1/2 tablespoons of frozen grape juice concentrate to 3/4 cup of milk and 1/4 cup of vanilla yogurt.

Blend until smooth.

For a thicker smoothie add 1-2 ice cubes and blend mixture in a blender. May substitute ice cream or frozen yogurt for the regular yogurt and ice cubes.



Cheesy Tortilla Rolls

Recipe created by Cabot Creamery

Makes 2 servings

Prep time: 5 minutes

3 tablespoons fat free cream cheese, softened
2 tablespoons fresh salsa
1 (10-inch) flour tortilla
1/3 cup shredded reduced fat Jalapeño Cheddar cheese
1 tablespoon minced scallions, green part
1 tablespoon chopped fresh cilantro

In a small bowl, stir together cream cheese and salsa. Spread cream cheese mixture on one entire side of tortilla. Sprinkle evenly with cheese, scallions and cilantro. Roll tortilla tightly. Slice in half diagonally.

Nutritional Information Per Serving for Individual Food Recipe:

Calories: 189
Fat: 5 g
Saturated Fat: 2.5 g
Cholesterol: 10 mg
Sodium: 430 mg
Calcium: 20% Daily Value
Protein: 12 g
Carbohydrates: 19 g

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