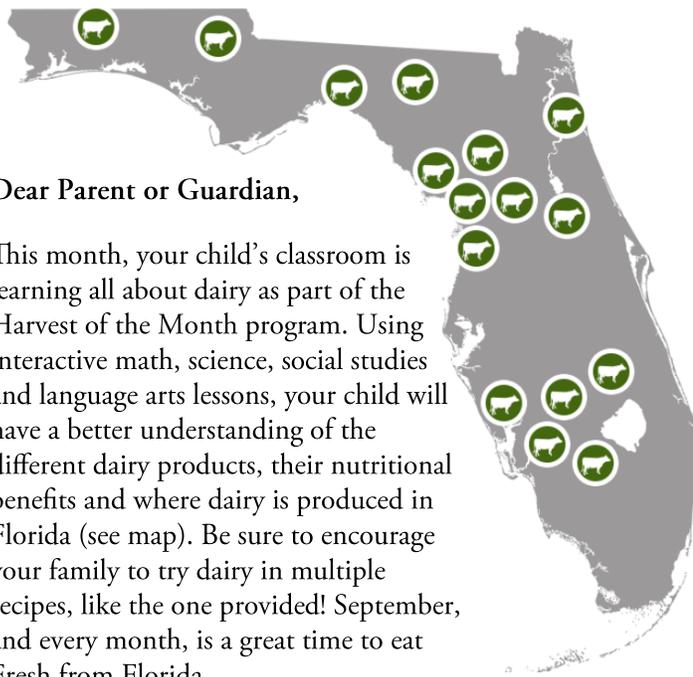


# Florida Dairy



## F2S RECIPE AT HOME

### DAIRY, BERRY PANCAKE STACKER

Dear Parent or Guardian,

This month, your child's classroom is learning all about dairy as part of the Harvest of the Month program. Using interactive math, science, social studies and language arts lessons, your child will have a better understanding of the different dairy products, their nutritional benefits and where dairy is produced in Florida (see map). Be sure to encourage your family to try dairy in multiple recipes, like the one provided! September, and every month, is a great time to eat Fresh from Florida.

-The Florida Farm to School Team

## NUTRITION AT HOME

Continue learning about Florida dairy at home by visiting FloridaMilk.com. Once there, learn more about life on the farm, new ways to use dairy in the kitchen and visit the Kids Corner for interactive ways to learn, play and grow with SunnyBell. Try Mooga, cow-inspired yoga with the whole family for a great way to get moo-ing after a nutritious meal!



#### Ingredients:

- 1 cup of whole wheat flour
- 2 tsp. of baking powder
- 1 tsp. of flax seed
- 1 cup of 2% milk
- 3 large egg whites
- 2 tsp. of olive oil
- 1 tsp. of vanilla extract
- ½ cup of non-fat vanilla Greek yogurt, divided in half
- 2 large ripe bananas
- 4 oz. of low-fat mixed berry cream cheese spread
- 3 tsp. of honey
- Blueberry and banana slices

#### Directions:

- Mix flour, baking powder and flax seed together in a bowl first. Add milk, eggs, oil, half the yogurt (1/4 cup) and vanilla to the dry mix, stirring until smooth. Mash one banana well then add the mix.
- Preheat the griddle to 250 degrees
- Filling: Combine the cream cheese spread, remaining yogurt and honey in a bowl to create the filling for the pancakes
- Cook pancakes flipping only once when bubbles start to show.
- Assembly: Place one pancake on a plate. Spread filling on pancake, top with banana and blueberries, stack another pancake; repeat. Serve immediately.
- Cook: 30 minutes. Makes: 4 stacks



## AROUND THE TABLE

### DID YOU KNOW?

- One gallon of milk is approximately 345 squirts of a cow's udder.
- Each Florida dairy cow produces about 6-8 gallons of milk each day and is milked 2-3 times per day.
- Most supermarket milks have a shelf life of a few weeks. Keep milk fresher longer by keeping it cold, not on the door, away from light and placing it back into your refrigerator as soon as possible.
- All milk products should be refrigerated at or below 41°F. Once opened, canned milk should not be stored in its original container. Once opened, shelf stable boxed milk should also be stored in the refrigerator at or below 41° F.

## TASTY TIPS

- Try using low-fat milk in place of water when making oatmeal for a creamier texture and protein boost. You can also try substituting low-fat milk for cream in recipes to lower the calories and saturated fat content.
- If you avoid milk because of lactose intolerance, the most reliable way to get the health benefits of dairy products is to choose lower lactose or lactose-free alternatives within the Dairy Group, such as cheese, yogurt, lactose-free milk. You can also talk to your doctor about prescribing the enzyme lactase for you to take before consuming milk.



Check out Fuel Up to Play 60 for ideas on how to stay healthy at home and in the community!

Visit [FuelUpToPlay60.com](http://FuelUpToPlay60.com)



## NUTRITION DATA

The food label displays nutrition information about packaged foods, based on a person who consumes 2,000 calories a day.

The food label also provides ingredients, in descending order by weight, of packaged foods with two or more ingredients.

Young children need the nutrients milk provides because their developing skeletal systems replace bone mass every two years until they reach maturity.

Fat Free Milk	
Nutrition Facts	
Serving Size 1 cup (240 mL)	
Servings Per Container 8	
Amount per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
<b>Cholesterol &lt;5mg</b>	<b>1%</b>
<b>Sodium 115mg</b>	<b>5%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein 8g</b>	<b>16%</b>
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	



This is part of the Dairy 101 Kit. Visit [floridamilk.com](http://floridamilk.com) for more information.



More free resources online from Florida Farm to School!

[FreshFromFlorida.com/farmtoschool](http://FreshFromFlorida.com/farmtoschool)

*This institution is an equal opportunity provider.*



Florida Department of Agriculture and Consumer Services

Adam H. Putnam, Commissioner