



Did You Know?

AN UNDENIABLY DAIRY COLORING BOOK

RECIPE



Mac and Cheese Casserole Cups

8 Servings • 10 min prep time • 30 min cook time

Ingredients:

- 3 cups [milk](#)
- 2½ tablespoons all-purpose flour
- 1½ cups mild [cheddar cheese](#), shredded
- ¾ cup [mozzarella cheese](#), shredded
- ½ cup [parmesan cheese](#), grated
- 8 ounces elbow macaroni, cooked and drained



Instructions:



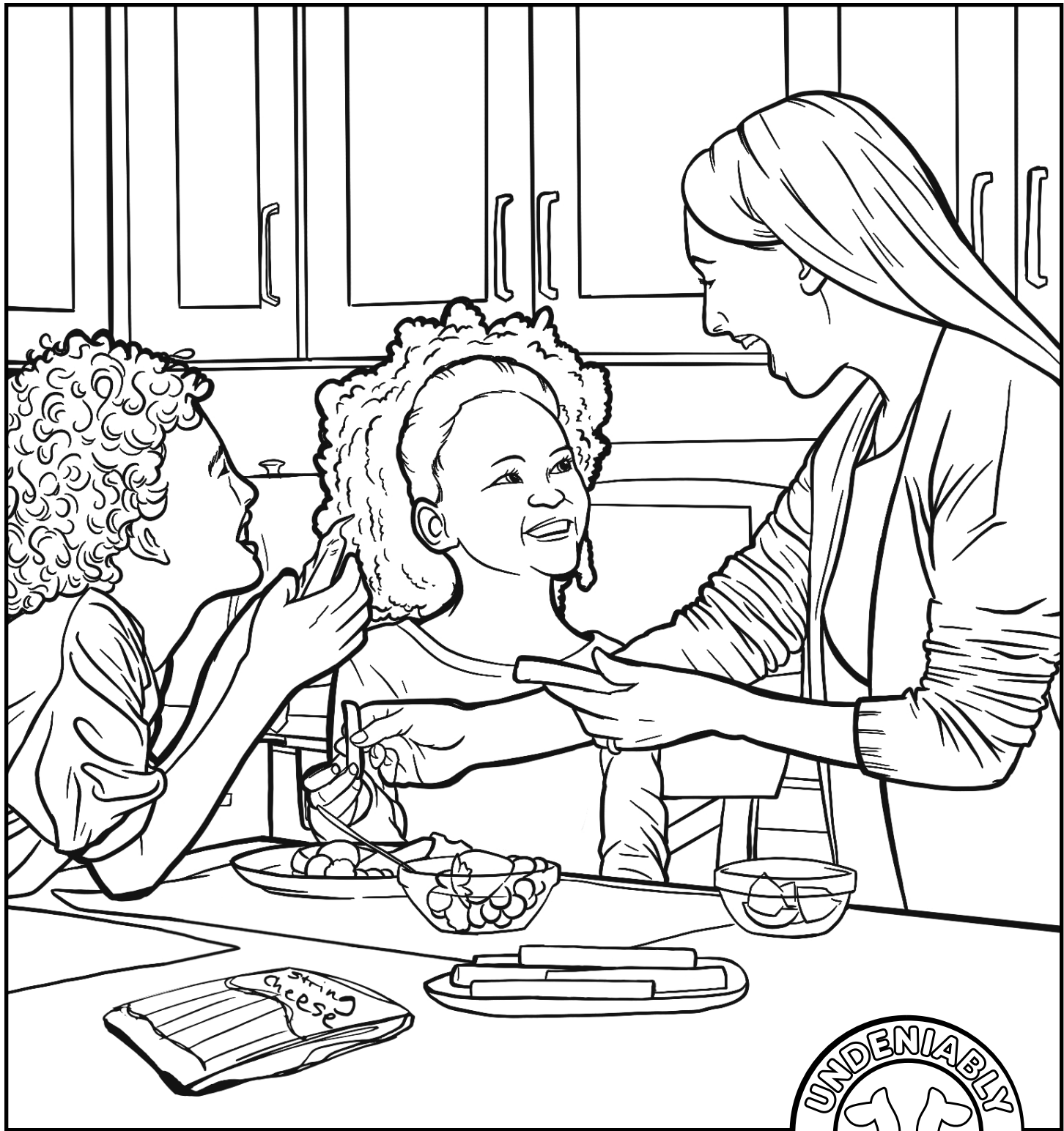
1 Preheat oven to [350°F](#).



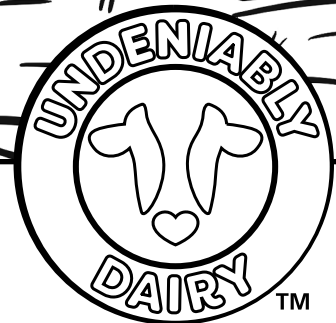
2 In medium saucepan, slowly add 1 cup of [milk](#) to flour, stirring constantly until all lumps have dissolved. Add the remaining [milk](#), stirring thoroughly. Place on stove and simmer 15 minutes, stirring occasionally, until sauce thickens. Add 1 cup of the [cheddar](#), [mozzarella](#) and [parmesan cheese](#); stir until blended. Add macaroni, stirring gently to coat well. Line muffin tin with paper muffin cups and place one scoop of mac and cheese mixture into each muffin cup. Top with reserved ½ cup shredded [cheddar](#).



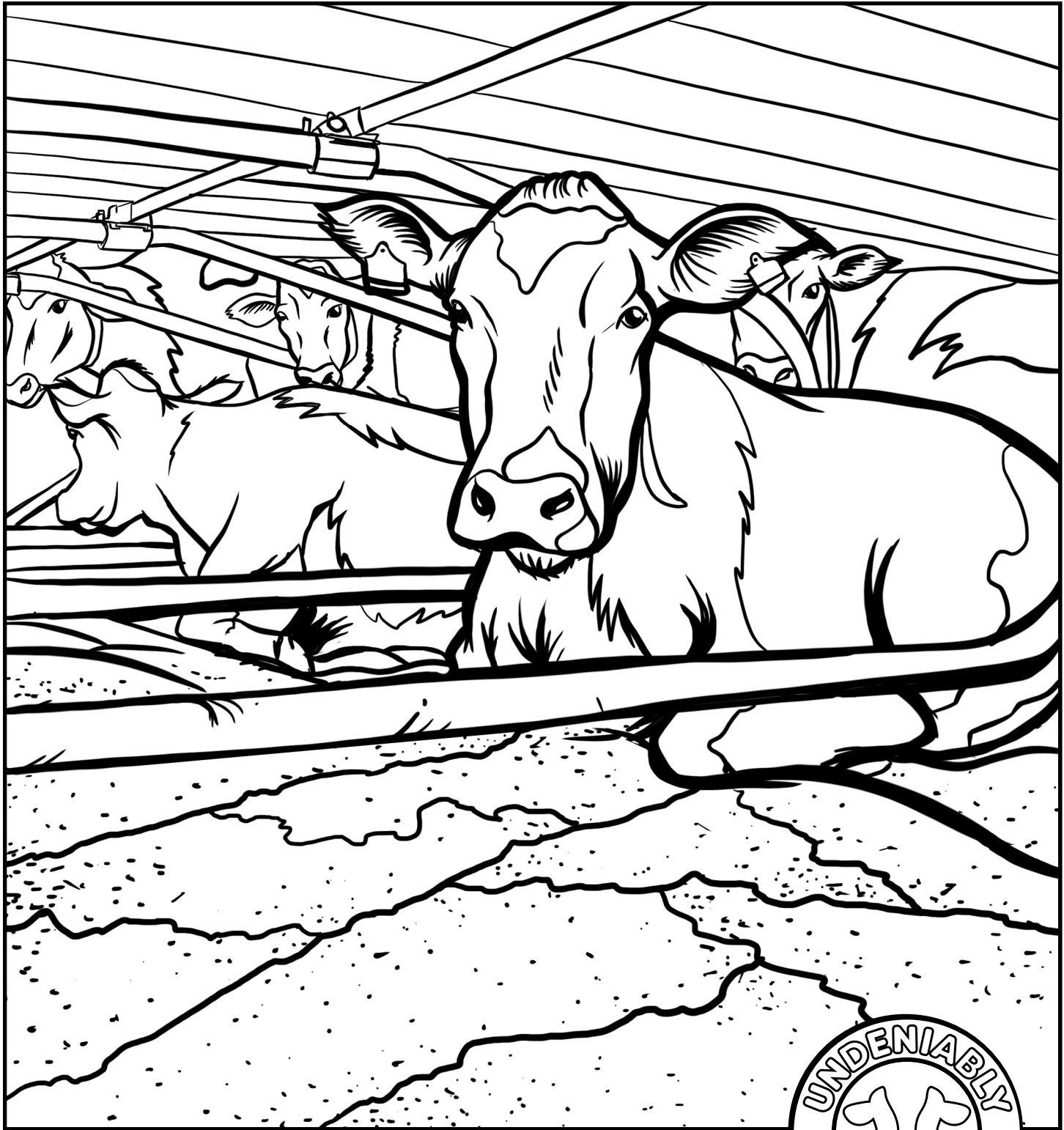
3 Bake 15 minutes or until golden brown. Let cool for 5 minutes before serving.



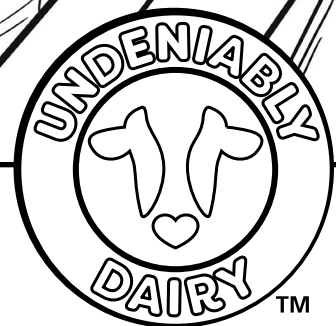
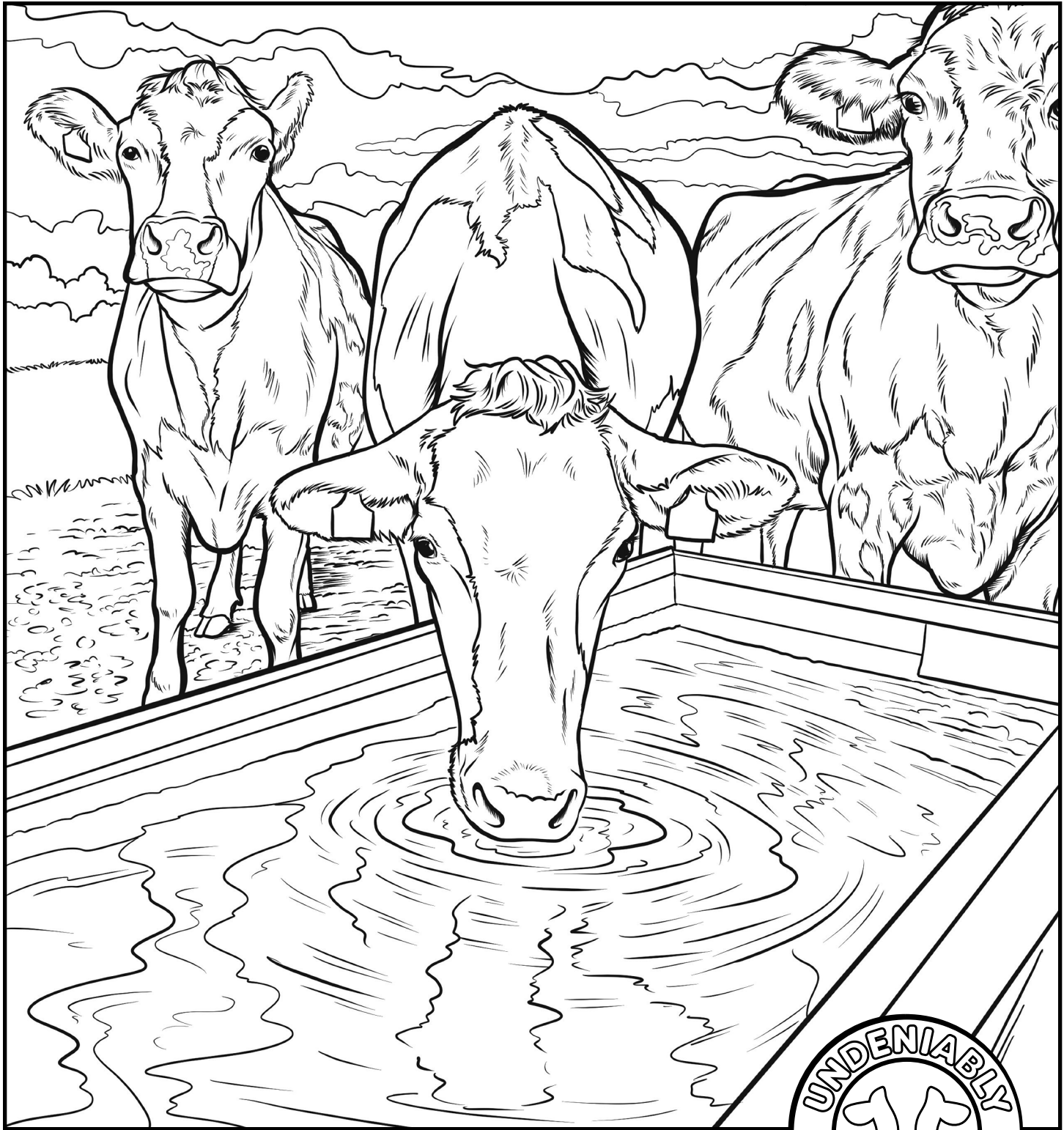
Snacking on cheese helps build and maintain healthy bones and teeth. With 2,000 different kinds of cheeses in the world, there's something for everyone.



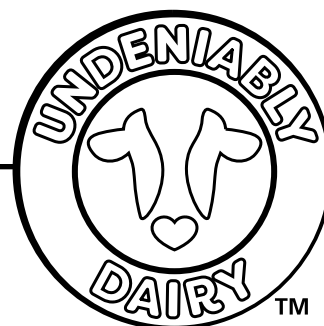
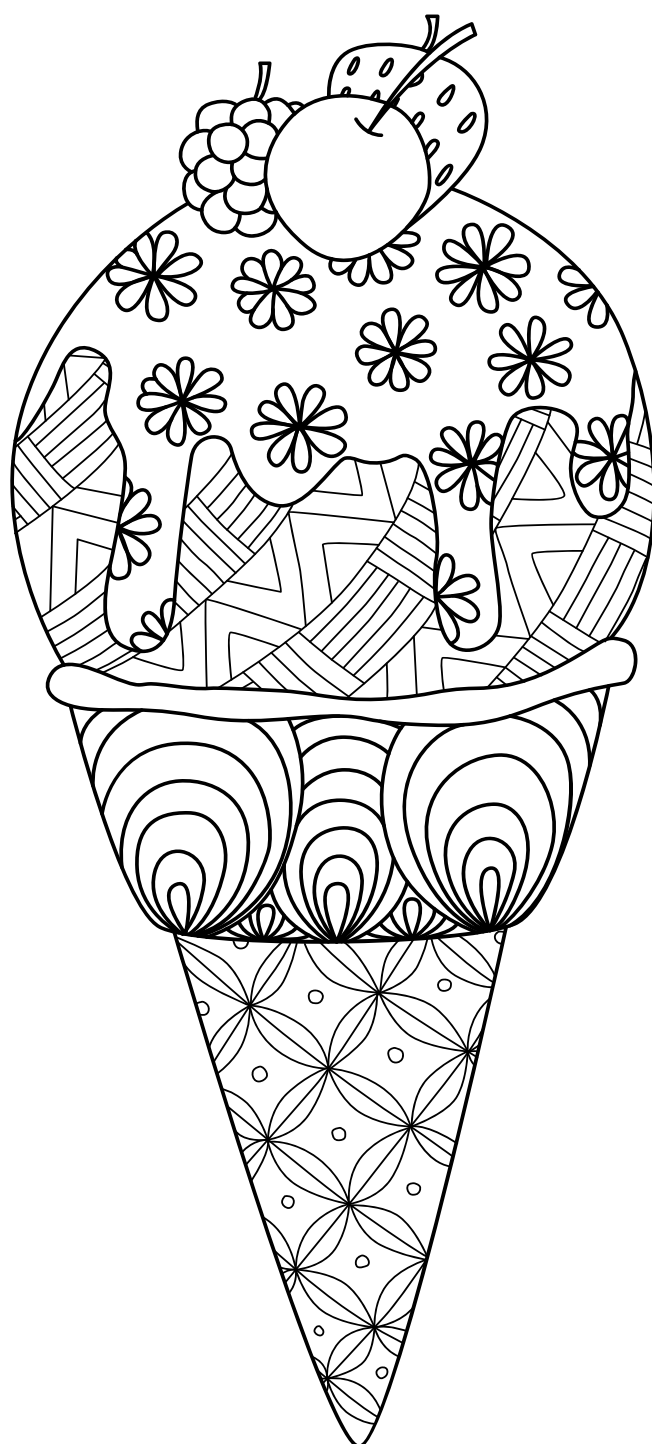
Farmers and veterinarians are constantly
making sure cows are comfortable.



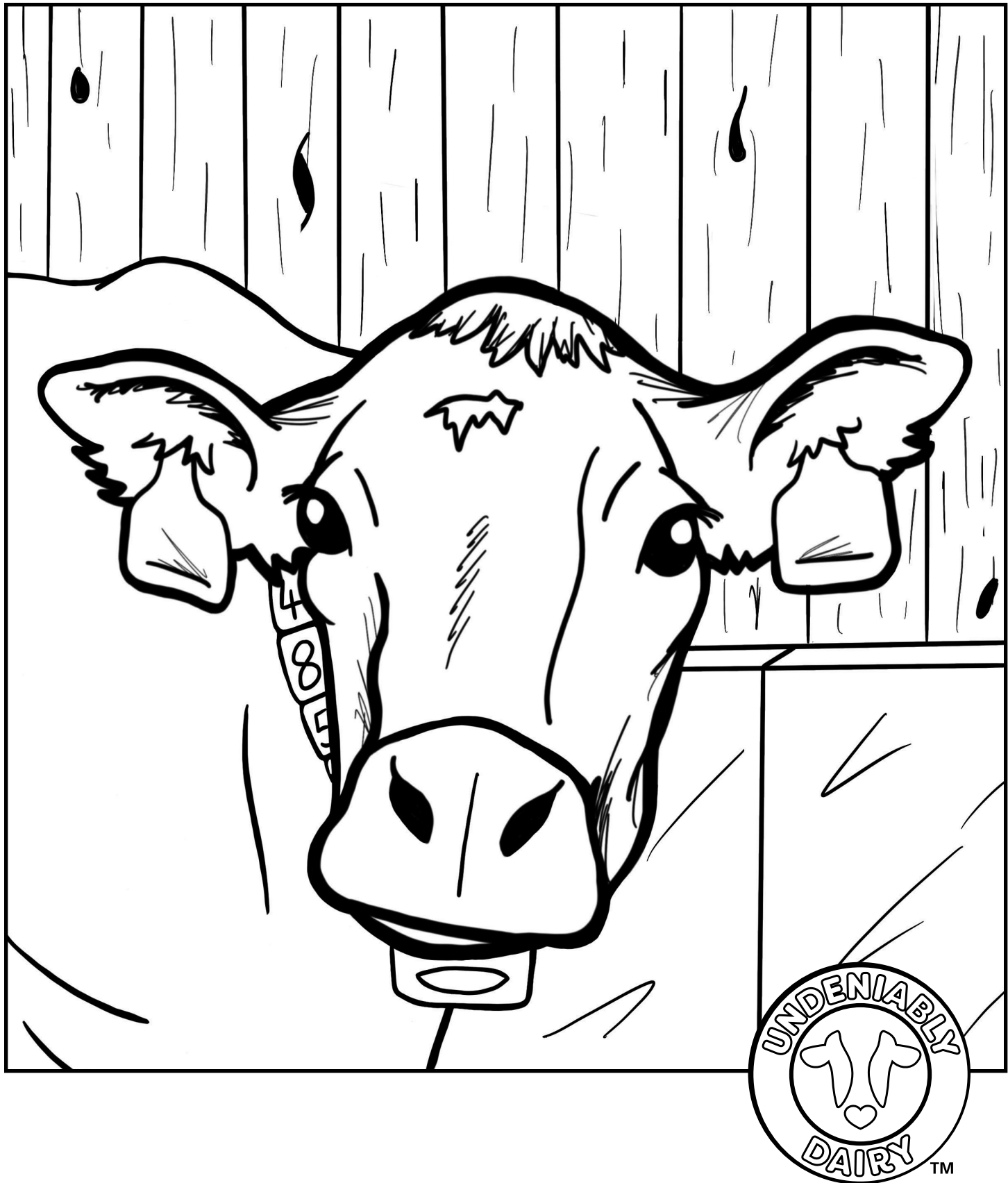
Cows rest about 10 hours a day. These cows are laying on comfortable sand, like a beach!



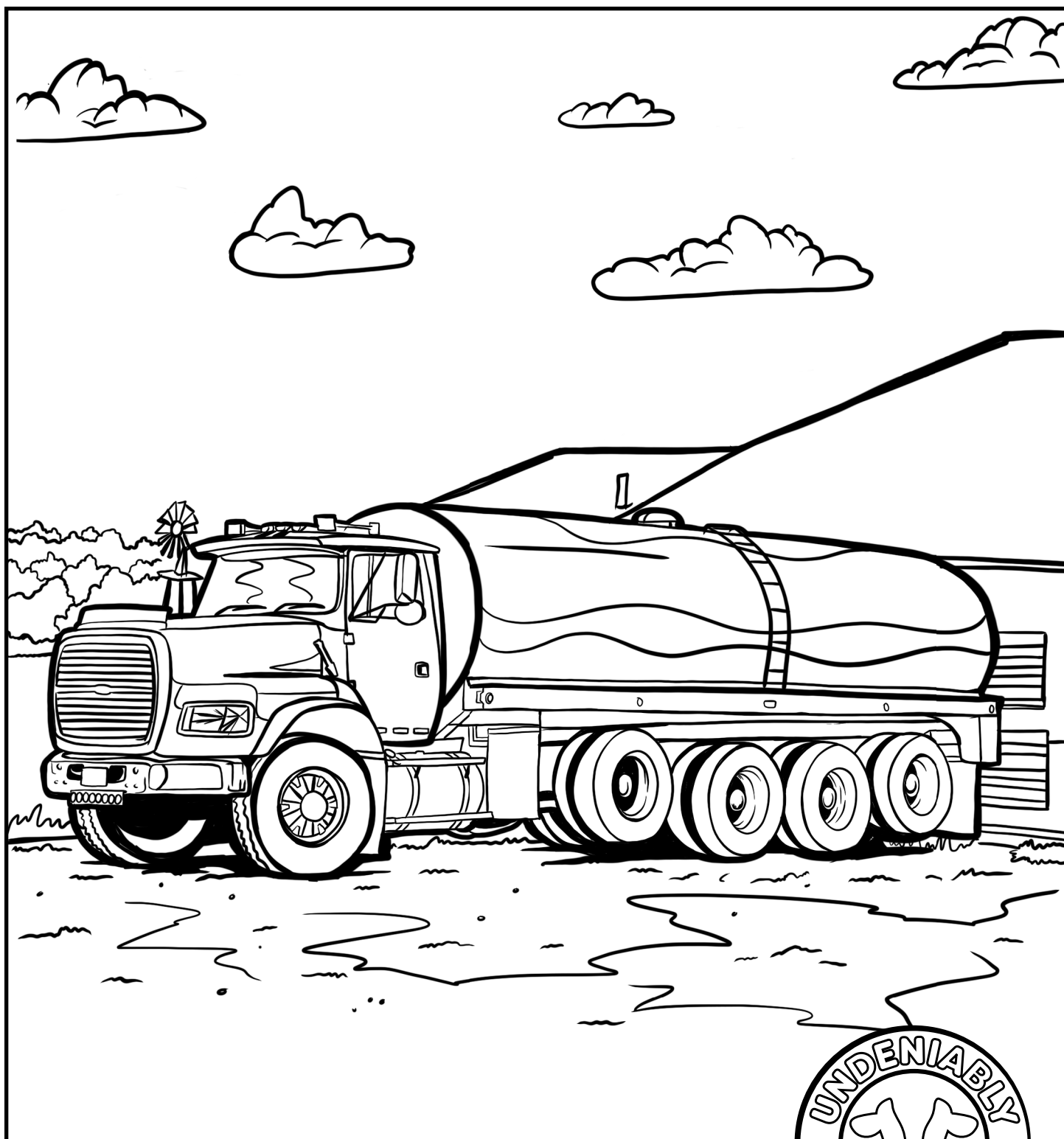
Dairy farmers reuse water up to four times on their farm. Water is not only a refreshing drink for cows, it also chills the milk, cleans equipment and nourishes crops used to feed the cows.



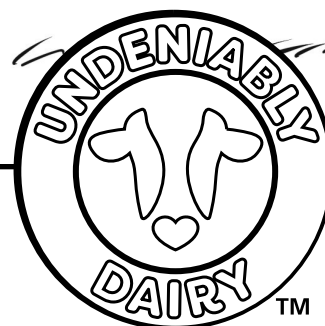
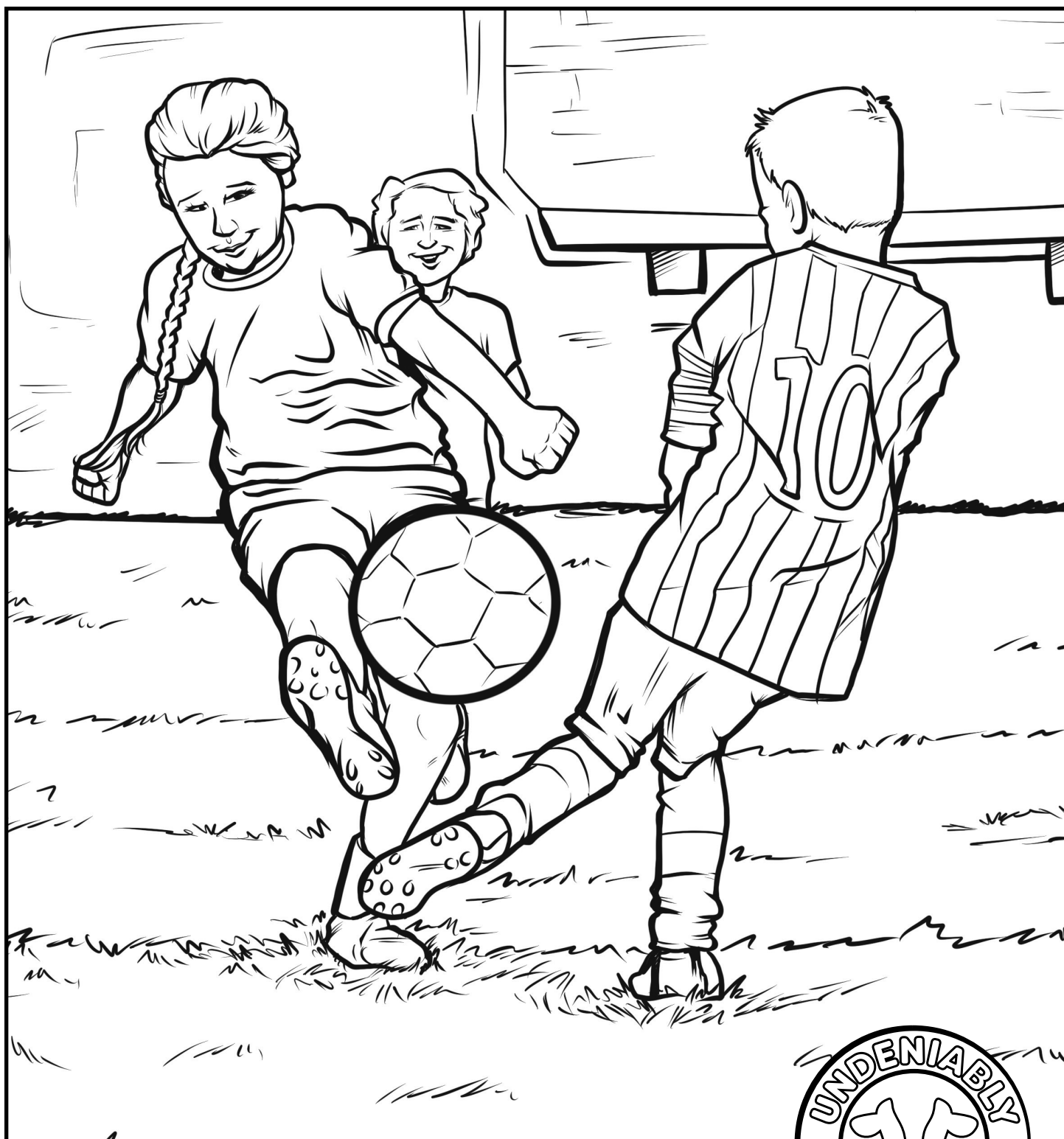
Chocolate ice cream was invented about 50 years before vanilla and inspired by hot chocolate.



Many cows wear activity trackers which shows how much they eat, sleep and milk. This individual care helps farmers keep their cows healthy.



About 94% of U.S. dairy farms are family owned and operated. Milk travels from the farm to your store or school in about 48 hours, now that's local!



One serving of milk (or chocolate milk) has 13 essential nutrients that gives you energy, repairs muscles, and builds strong bones and teeth.

RECIPE



Chocolate-Chocolate Trifle

7 servings • 10 min prep time • 6 min cook time

Ingredients:

- 4 (4-ounce) containers whipped [chocolate yogurt](#)
- 1 (9-ounce) chocolate wafer cookies
- [vanilla yogurt](#)



Instructions:

- 1 Reserve 4 cookies.
- 2 In a 2 quart clear bowl, layer 4 cookies with half of one container of [chocolate yogurt](#). Repeat layers with remaining cookies and [chocolate yogurt](#).
- 3 Spread [vanilla yogurt](#) on top; sprinkle with 4 crumbled cookies.
- 4 Refrigerate at least 6 hours before serving.

TIP: Trifle can be prepared and refrigerated up to two days before serving.



visit [USDairy.com](https://www.usdairy.com) for more recipes

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