

## "Chocolate Milk: The Official Drink of Halloween"



Serve chocolate milk combo snacks for chillingly nutritious Halloween treats.

- **Choc' full of Nuts** – Chocolate milk with graham crackers topped with peanut butter
- **Doubly Good** – Chocolate milk and chocolate graham crackers
- **Apple of My Eye** – Chocolate milk and apple slices
- **Chocolate Zoo** – Chocolate milk and animal crackers
- **Healthy Nut** – Chocolate milk and a granola bar
- **Chocolate Crunch** – Chocolate milk and a whole grain cereal
- **Chocolate Smiles** – Chocolate milk served with orange wedges
- **Banana Split** – Chocolate milk served with strawberries and banana slices
- **Snap! Crackle! Pop!** – Chocolate milk served with a crispy rice cereal
- **GORP** – Chocolate milk with Good Old Raisins and Peanuts

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### Banana Split Smoothie

- 2 ripe small bananas, cut into chunks
- 1 cup frozen unsweetened strawberries
- 1 8-ounce container lowfat vanilla yogurt
- $\frac{3}{4}$  cup lowfat chocolate milk



Combine ingredients in blender container. Cover and blend until smooth. Serve immediately. Makes 2 servings.

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### Peachy Keen Shake

- 1 8-ounce container lowfat strawberry yogurt
- 1 cup frozen unsweetened peaches
- $1\frac{1}{2}$  cups lowfat strawberry milk
- $\frac{1}{2}$  teaspoon vanilla



Combine ingredients in blender container. Cover and blend until smooth. Serve immediately. Makes 4 servings.

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### Berry Creamy Smoothie

- $1\frac{1}{2}$  cups lowfat strawberry milk
- 1 cup frozen strawberries or raspberries
- 1 8-ounce container lowfat strawberry or raspberry yogurt



Combine ingredients in blender container. Cover and blend until smooth. Serve immediately. Makes 4 servings.