



## MEDIA RELEASE

An initiative by the  
Consumer Education Project of Milk SA

# Dairy Delights for Summer Days

*Versatile dairy plays many starring roles in our summer eating – from the honest simplicity of a refreshing, cold glass of milk on a hot day to being the game-changing ingredient in a stylish dish created to impress.*

With dairy in focus, your summer tables can be effortless, delicious, and full of sharing. From holiday brunches to family picnics and evening braais with friends, there's always a way to enjoy dairy - in a recipe, a bowl, on a platter or as a cool treat that keeps the season light, bright, connected, and nourishing. This is why Rediscover Dairy has curated four new recipes for inspiration.





## 2026 Summer with Dairy recipe collection



**Buttermilk chicken wings with 2 dairy dips** – This is an irresistible crowd-pleaser that is quick and easy to prepare if you marinate the chicken wings in buttermilk ahead of your prep time. The result is crisp and tender oven-baked wings served with citrus maas and creamy blue cheese dips - perfect for picnics, a day at the beach, a party platter or starters at a braai. You can also use maas instead of buttermilk – both work well and can be used interchangeably.

### **Roasted butternut salad with Amasi dressing –**

Balancing tangy and sweet, as well as fresh but hearty, this is a vibrant summer salad elegantly finished with velvety chevin, crunchy dukkha and creamy Amasi dressing.







**Cheese, corn & mielie meal bread** – A recipe with a fresh take on a traditional South African favourite. It's easy to make, perfect for summer braais, picnics, and adds local flair to sharing platters.



**Yoghurt & strawberry bundt cake** –

Locally-grown strawberries and double-cream yoghurt infuse this elegant, fluted ring cake. It's a showstopper on a celebration table, but equally good at picnics or as a summer afternoon tea treat in the shaded back garden with a good friend.

It's important to remember that leaning into dairy is not just about delicious taste and texture – it's also about nourishment.

# Here are some nutritional highlights for a Summer with Dairy:



**Hydration and electrolytes** – milk, yoghurt, and maas can contribute to hydration and provide electrolytes like potassium, sodium, magnesium and calcium , especially after outdoor activities



**Protein-packed snacks** – dairy helps fuel active summer lifestyles - beach days, hikes, cycles and picnics



**Bone health** – consistent dairy intake supports strong bones, which is especially relevant when kids and teens are active outdoors



**Gut health** – fermented dairy like Amasi, kefir and yoghurt promote digestion, which is nice support when we have been indulging during holidays

You'll find plenty more summery recipes at Rediscover Dairy that will be ideal for the holiday season. Try Avo haloumi ritz for a fresh take on a seafood classic that is an ideal party or picnic sharing platter. Dress Corn on the cob up for your celebration table with a creamy, cheesy mayo, chili flakes, parmesan cheese and fresh coriander. Serve Greek pasta salad as a side or fresh summer lunch with a luscious yoghurt and oregano dressing and generous chunks of feta cheese. Delight the whole family with easy homemade Beef burgers served with a whipped feta and Greek-style yoghurt sauce. Take a Baby potato salad with a cream cheese, yoghurt and mayo dressing to a friend's braai.



For dairy ideas and recipes join the Rediscover Dairy Facebook page:  
[www.facebook.com/RediscoverDAIRY](https://www.facebook.com/RediscoverDAIRY)

For find out more about dairy's role on healthy diets,  
visit [www.rediscoverdairy.co.za](http://www.rediscoverdairy.co.za)