Dairy 3-a-day every day

MEDIA RELEASE

An initiative by the Consumer Education Project of Milk SA

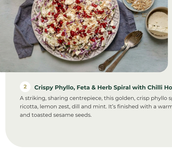


Bring dairy to your summer table

Dairy is one of the simplest ways to add flair and deliciousness to your summer dishes – whether that's a brunch with your besties, a lazy afternoon braai, a fun picnic or end-of-year party or a memorable dinner. Milk, yoghurt, amasi and cheese are versatile and convenient ingredients that add flavour, texture and nutritional value to everything, from salads, snacks and sharing platters to mouthwatering mains and impressive desserts.

Registered Dietitian at Rediscover Dairy, Maretha Vermaak says, "Summer is a wonderful opportunity to enjoy fresh, seasonal ingredients and to find new ways of incorporating dairy into both everyday and special occasion meals. In the hot months ahead, dairy will also play an important role in staying hydrated and in recovering optimally after exercising – which is important for the whole family.

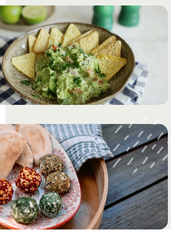
> ***Summer is a wonderful opportunity to enjoy fresh, seasonal ingredients.***



As a core food group, milk and other dairy products provide us with more than just a high quality, affordable protein. Consuming three servings of dairy a day is important to help meet our calcium and other micronutrient needs. There are plenty of ways to enjoy dairy while making summer meals more interesting and tasty."

Fresh ideas for summer entertaining

Whether you're cooking for the family, entertaining friends or looking for something different to serve over the festive season, Rediscover Dairy's new collection of summer recipes showcases some delicious ways to bring dairy to the table.



1 Tangy Cabbage and Apple Slaw

A fresh, crunchy accompaniment for summer braais and festive entertaining, this colourful slaw combines red and green cabbage with crisp Granny Smith apples and spring onions. Its creamy dressing is made with amasi, Greek-style yoghurt, lemon juice and wholegrain mustard, while feta, pomegranate arils and toasted almonds add the finishing touches.

2 Crispy Phyllo, Feta & Herb Spiral with Chilli Honey

A striking, sharing centrepiece, this golden, crisp phyllo spiral is filled with a creamy mixture of feta, ricotta, lemon zest, dill and mint. It's finished with a warm honey glaze infused with chilli, lemon and toasted sesame seeds.



3 Watermelon Salad with Feta and Yoghurt Lime Dressing

Juicy watermelon rounds provide the base for this colourful summer salad, topped with a Mediterranean-inspired mixture of crumbled feta, rocket, black olives and red onion. A creamy yoghurt, lime and mint dressing, with fresh dill and a hint of chilli, brings the flavours together.

> *Dairy will also play an important role in staying hydrated and in recovering optimally after exercising.*



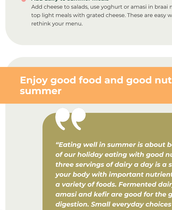
4 Guacamole with Amasi

Elevate summer picnics and sharing platters with this easy take on traditional guacamole. This popular dip gets a tangy twist by combining the mashed avocado with amasi and lime juice. Finely chopped red onion, tomato and fresh coriander add flavour and texture. Serve with veg sticks, tortilla chips or toasted pita.



5 Labneh Balls with Za'atar, Chilli and Sesame

These creamy homemade labneh balls are coated in three different flavour combinations: za'atar, chilli flakes, and black and white sesame seeds. Stored in oil, they can be served as part of an alfresco sharing platter or swirled onto a plate as a delicious dip. Bottled in oil, they are also perfect for gifting.



6 Puffed Pastry Margarita Pizza

This quick and easy pizza will become a family favourite this summer. A crisp, golden puff pastry base is topped with grated mozzarella or cheddar cheese and juicy cherry tomatoes. Crumbled feta and fresh basil are added after baking for a simple, flavourful summer bite that will have both children and adults reaching for another slice. Alternatively you can also use a whole grain wrap as base.



7 Festive Pavlova

This Christmas tree-inspired pavlova is a showstopper created with six star-shaped meringue layers of gradually decreasing size. Sandwiched with whipped vanilla cream and fresh strawberries, raspberries and blueberries, it's decorated with pomegranate seeds, rosemary sprigs and a dusting of icing sugar.



8 Baked Gammon and Gouda Sliders

Make the most of leftover Christmas gammon with these easy-to-make baked sliders. Layer sliced gammon, creamy Gouda and fruit chutney in soft cocktail rolls. Brush honey, mustard and melted butter over the tops and bake to a golden finish.

Staying hydrated with dairy

While water remains essential for staying hydrated in hot weather, refreshing milk also makes a valuable contribution to your daily fluid intake. Made up largely of water, milk also provides electrolytes such as potassium and sodium, which help regulate the body's fluid balance.

Maretha says, "Dairy delivers protein for muscle repair, calcium for bone-building and many other important nutrients. After sports, workouts or a hot day on the beach, a glass of cold milk or amasi is a refreshing way to replenish fluids while adding nutritional value. Milk complements, rather than replaces, drinking water regularly throughout the day."

Easy ways to make 3-A-DAY DAIRY part of your summer

Getting a minimum of three servings of dairy a day doesn't have to be difficult. A few simple choices can help you include milk, yoghurt, amasi and cheese in your summer meals and snacks.

- **Freeze your own fruit and yoghurt lollies**
  Blend plain yoghurt with fresh summer fruit like mangoes, peaches or berries, pour into lolly moulds and freeze for a cool-down snack everyone will love.
- **Blend a summer smoothie**
  Keep breakfasts light but nourishing, especially on days when you have social occasions planned. Combining milk, amasi or yoghurt with seasonal fruit will provide a range of nutrients and can help you to stay fuller for longer.
- **Enjoy chilled yoghurt**
  Top plain yoghurt with fresh fruit, nuts or seeds for a light yet satisfying snack that nourishes the gut.
- **Add dairy to summer meals**
  Add cheese to salads, use yoghurt or amasi in braai marinades, salad dressings and dips, and top light meals with grated cheese. These are easy ways to include dairy without having to rethink your menu.

Enjoy good food and good nutrition this summer

"Eating well in summer is about balancing enjoyment of our holiday eating with good nutrition. Including three servings of dairy a day is a simple way to provide your body with important nutrients as part of enjoying a variety of foods. Fermented dairy such as yoghurt, amasi and kefir are good for the gut, and can help aid digestion. Small everyday choices can help make healthy eating both practical and enjoyable," concludes Maretha.

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For more dairy ideas and recipes join the Rediscover Dairy Facebook page: www.facebook.com/RediscoverDAIRY

For more information about dairy's role in healthy diets, visit www.rediscoverdairy.co.za

Milk SA