

CHOOSE PA DAIRY

goodness that matters
locally



Donny is just one of 4,940 dairy farmers across Pennsylvania who work hard 365 days a year to bring you fresh, wholesome dairy foods — providing **NOURISHMENT** for you and your family.

Families like the Nissleys are the backbone of our vibrant dairy **COMMUNITY**, with 99 percent of Pennsylvania's farms being family owned.



Dairy farmers like Walt and Ellen practice **SUSTAINABILITY** every day, providing the foundation for an industry that supports more than 47,000 jobs and \$11.8 billion in revenue statewide.



See what dairy looks like in your community:

SCAN HERE



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Blueberry Banana Blast Smoothie

Makes 2 Servings • Recipe Prep Time: 5 minutes

INGREDIENTS:

- 1 cup milk
- ½ cup Greek style vanilla yogurt
- 1 cup frozen or fresh blueberries
- 1 fresh banana, peeled
- 4 ice cubes
- 1-2 teaspoons chocolate syrup (optional)

INSTRUCTIONS:

Place all ingredients into a blender carafe. Cover the blender and mix on high speed for one minute, or until creamy and smooth. Serve immediately.



Visit www.savorrecipes.com
for more delicious dairy recipes!