



APRIL

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Happy Easter!



MOOO NEWS

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Protein

Proteins make up 20% of our body mass! Proteins are critical in building muscle, which is 28% of our body weight. They also help to maintain several body functions.

Proteins **transport** molecules throughout the body, mostly in the blood stream. Hemoglobin, an important component of blood, is a protein that carries oxygen. When muscles are stressed, they signal that more proteins need to be transported to the location in the muscle for repair.

Proteins provide **structure** to cells and tissue. Collagen, for example, provides elasticity and strength to skin. In addition to building muscles, protein also provides structure for tendons and ligaments.

Proteins defend against infection and bacteria that are unwelcome in the body. They provide **enzymes** for chemical reactions, **hormones**, including insulin, and antibodies.

Proteins are essential components of balanced diets. Foods rich in protein include dairy products, beans, meat, nuts and legumes.

Follow this link to **read more** on protein.



Dear Friends,

In February, we rolled out our new and improved Pro-to-Go protein milks. After hearing some feedback from customers, our Plant Manager, Luke, started to work his magic to come up with an even more delicious recipe! He does such a great job crafting the perfect blend. You can read more about the new recipe and the benefits of protein in this newsletter.

Through the years, I've heard a lot of comments from customers about how they drink the Pro-to-Go. Some families use the Vanilla or Chocolate Pro-to-Go to add some protein and flavor to their kids' cereal. My step-dad David loves to mix Chocolate Pro-to-Go with one of our Cold Brews. I like using it as a base for my kids' smoothies and throw in some spinach and frozen bananas and strawberries. We'd love to hear your feedback. How do you like the new version? Do you have any fun recipes you use with it?

Take care,

Katie



Pro-to-Go for Workouts

Boost your protein with Longmont Dairy's Pro-To-Go. It has 14 grams of protein per 8 oz. serving, optimal for re-hydrating your body right after a workout. Just two glasses will provide roughly half of normal daily needs.

Pro-to-Go was developed by Longmont Dairy specifically to provide an easy way to add more protein to your diet. Use it as a meal replacement, protein supplement, or milk substitute without the chalky taste many high protein nutrition drinks have.

MOOO RECIPES

Tsoureki (Greek Easter Bread)

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|------------------------------|-----------------------------------|
| 1 envelope active dry yeast | 1 tsp. fine salt |
| 5½ c. all-purpose flour | 3 First Light white eggs, divided |
| ½ c. sugar | 2 tsp. ground fennel seed |
| 1½ c. Longmont Dairy milk | ¾ tsp. mahlep, or almond extract |
| 5 tbsp. Country Cream butter | 3 First Light eggs, dyed red |

Pour ⅓ cup hot water (about 110° F) into the bowl of a stand mixer. Gently whisk in yeast, 1 tablespoon of the flour and 1 tablespoon of the sugar. Cover with a towel and set aside until foamy, 5 to 10 minutes.

Heat milk in a small saucepan over medium heat until bubbles start to form at edges, about 6 minutes. Remove from heat and stir in butter, remaining sugar, and salt. Set aside to cool, about 5 minutes.

With paddle attachment, stir milk mixture into yeast mixture. Add two

beaten eggs. Gradually mix in remaining flour, fennel seed, and mahlep. Beat until a soft dough forms. Increase speed and beat until dough pulls away from sides and forms a ball, about 5 minutes (dough will be sticky).

Place dough on lightly floured surface. Knead, adding more flour if necessary, until smooth, about 5 minutes. Put into a greased bowl, cover, and place somewhere warm to rise until doubled in size, about 1½ hours.

Punch down dough, place on a floured surface, and divide into three parts, rolling each into a 16" rope. Transfer to a parchment-lined, wide-lipped cookie sheet. Braid ropes together, pinching ends to seal, and tucking them underneath. Cover and let rise until doubled in size, about 1 hour.

Rub the dyed eggs with vegetable oil, then buff with a paper towel. Gently press into dough. Cover and set aside until doubled in size, about 1 hour.

Preheat oven to 350° F. Beat remaining egg and brush onto bread. Bake 45 minutes, until golden brown. Cool about 30 minutes before slicing.



Colorful dyed eggs are baked into the dough!

Eggnog for Easter

Longmont Dairy's Eggnog is a rich and creamy treat that is sure to please all your guests.

Add Classic Eggnog to your order in April while supplies last! Available for \$5.19 a quart.

Last Call for Vanilla Mint Milk!

Only while supplies last!

Available through April while supplies last. Delicious and made from 2% milk.

Quart bottles are \$3.24. If you haven't tried it yet, now is the time!



Clip and file in your recipe collection! Use this QR code to find the recipe online.



APRIL—PRODUCTS OF THE MONTH

Bread

White Chocolate
Blueberry

Prefare Meal

Chicken Ramen
Teriyaki

Rome's Sausage

Polish
Sausage

