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MOOO NEWS

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The Comeback of Cottage Cheese

Cottage cheese is becoming a favorite again, and it's now **one of the fastest-growing dairy products in the U.S.** This simple, familiar staple offers a lot of nutritional value, which is why so many families are bringing it back into their weekly routines.

One of its biggest benefits is its **high protein content**. A typical half-cup serving contains **around 12-14 grams of protein**—making it a great option for steady energy, supporting muscle health, and helping you feel full longer. It fits easily into busy days as a quick breakfast, lunch addition, or mid-day snack.

Cottage cheese also provides **calcium** for strong bones, **B vitamins** that help convert food into energy, and important minerals like **selenium** and **phosphorus**. Since it's a real dairy product, these nutrients occur naturally, offering wholesome nourishment without heavy processing.



Its versatility is another reason for its renewed popularity. You can enjoy it with fruit, mix it into smoothies, stir it into pasta, or use it to add creaminess and protein to baked goods. It works well in both modern and classic recipes.

If you haven't had cottage cheese in a while, now is a great time to bring it back to your table. Try the **Blueberry Cottage Cheese Breakfast Bake** recipe on the back of this newsletter!

Tag Us!

We love our customers and want to know how you enjoy your Longmont Dairy delivery! If you have a fun photo or unique way to use one of our products tag **@longmontdairy** for a chance to be featured!

APRIL

Happy Easter!



Dear Friends,

We hope you're enjoying the Spring and change of seasons. I'm sure I'm not alone in being excited to see the first daffodils and tulips pop out of the ground and bring some color back to the outdoors.

It's also time to celebrate Earth Day and continue to take care of our planet. We thank you for supporting us as a local, sustainable business. Reusing the glass bottles, delivering weekly to dense routes, and providing options from many local businesses are just some of the ways we try to lessen our carbon footprint and support sustainable practices with our service and delivery.

Enjoy your Easter Celebrations and Spring.

Take Care,

Katie



MOOO RECIPES



This recipe is packed with protein, fiber, and antioxidants. It is perfect for brunch gatherings or family breakfasts, and can be enjoyed warm, cold, or as a snack throughout the day. Makes 4 servings.

Blueberry Cottage Cheese Breakfast Bake

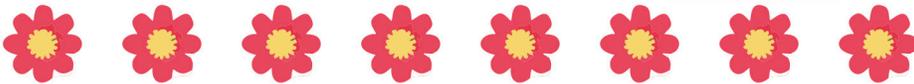
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|------------------------------------|---------------------------|
| 1 c. Shamrock Farms cottage cheese | ¼ c. honey or maple syrup |
| ½ c. rolled oats | ½ tsp. cinnamon |
| ½ c. fresh blueberries | ¼ tsp. vanilla extract |
| 2 large eggs from Longmont Dairy | ¼ tsp. salt |

In a mixing bowl, whisk together the cottage cheese, eggs, honey (or maple syrup if you prefer), cinnamon, vanilla, and salt. Stir in the oats, then gently fold in the fresh blueberries.

Spread mixture evenly in a 9" greased baking dish. Bake for 25-30 minutes at 350°F until golden brown and set. Cool slightly before serving.



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



Stock Up on Yo Bucha

It's a great time to add yogurt to your delivery! Four delicious, creamy flavors to choose from. **50¢ off Yo Bucha** in April.



Ending Soon!

Made from 2% milk, **Vanilla Mint Milk** is a refreshing and comforting combination of sweetness and fresh, minty flavor. Available through April 30.

Seasonal Eggnog

Longmont Dairy Eggnog is a rich and creamy treat that is sure to please all your guests. Add Classic Eggnog to your order while supplies last!



Egg Decorating!

Decorate a dozen **white eggs** from Longmont Dairy for Easter and enjoy a delicious, nutritious treat.



APRIL—SEASONAL PRODUCTS

Sweets

- BREAD IN THE BOX**
White Chocolate Blueberry
- MARY'S MOUNTAIN COOKIE DOUGH**
Monster & Oatmeal Raisin

Meals/Soup

- PREFARE**
Green Chile Corn Chowder
- TICO'S**
Broccoli Cheddar with Carrots

Meat

- ROME'S SAUSAGE**
Polish Sausage
- CHARCUTNUVO SAUSAGE**
Pork Apple Gouda Sausage