



Kids Love Cheese—Make it a dip!

Processed cheese is a blend of one or more natural cheeses that have been heated to stop the bacteria and enzymes that age cheese from growing.

This kind of cheese melts easily and blends well with other ingredients like vegetables and meat.

Cheese is a great snack for kids because it packs lots of protein and calcium into each bite. And how better to serve cheese than as a dip! Broccoli, carrots, celery and crisp tortilla chips all taste great dipped in cheese, and they make a great anytime snack.

Just remember to melt cheese at a low heat to keep it creamy and smooth.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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