



## Webinar: Closing the Gap Between Health and Gen Z

### Additional patient/client resources

**13 Essential Nutrients in Milk** - <https://www.americandairy.com/wp-content/uploads/2021/05/NDC-Milk-Nutrients-NEW-.pdf>

**Chocolate Raspberry Smoothie Bowl** - <https://savorrecipes.com/recipe/chocolate-raspberry-smoothie-bowl/?skip=0>

**Green Smoothie Bowl** - <https://savorrecipes.com/recipe/green-smoothie-bowl/?skip=0>

**Family Immunity Cookbook (Author: Toby Amidor)** - <https://www.amazon.com/Family-Immunity-Cookbook-Recipes-Health/dp/0778806804>

**Choose Your Own Adventure Handouts – Salad Adventure, Smoothie Adventure, Grain Bowl Adventure** - <https://www.americandairy.com/dairy-diary/choose-your-own-adventure-with-dairy-and-plants/>

**U.S. Dairy website - *Can Dairy Boost the Immune System?*** - <https://www.usdairy.com/news-articles/is-dairy-good-for-the-immune-system>

**The Magic of Moon Milk for Restful Sleep** - <https://savorrecipes.com/the-magic-of-moon-milk-for-restful-sleep/>

**Moon Milk Recipe** - <https://savorrecipes.com/recipe/moon-milk/?skip=0>

**How to Unwind and Relax Yourself Before Bedtime** - <https://savorrecipes.com/how-to-unwind-and-relax-yourself-before-bedtime/>

**Mansaf (Lamb Stewed in Yogurt)** - <https://savorrecipes.com/recipe/mansaf/?skip=0>

**Cheesy Poblano Asada Tacos** - <https://savorrecipes.com/recipe/cheesy-poblano-asada-tacos/?skip=0>

**Spaghetti Squash Casserole** - <https://savorrecipes.com/recipe/spaghetti-squash-casserole/?skip=0>

**Philly Cheesesteak Skewers** - <https://savorrecipes.com/recipe/philly-cheesesteak-skewers/?skip=0>