

5 snack trends for a happy summer

By StoryStudio on June 14, 2024 11:19 AM



(BPT) – Snacking for lunch or dinner? This hot trend is ideal for a cool summer. Fast, easy and sociable, snacking is a perfect option whether it’s a meal for one after a busy workday or for (nearly) effortless entertaining. In fact, you can happily graze your way through summer with the most popular snacks on social media, made delicious by real dairy.

Powered by real milk and its 13 essential nutrients like protein, calcium, magnesium, and Vitamin D, dairy foods make good snacks great. And when shopping for dairy, make sure to look for the [Real California Milk seal](#) to support local farm families.

The snack experts at Real California Milk offer 5 trend-inspired snacks to fit all your needs for summer eats. You might just find something new for regular rotation.

DIY Snack Board. Put all your favorites on one board, and you can’t go wrong! Get creative with a mix of healthy, sweet and savory snacks. Need inspiration? This [Snack Happy Board](#) features California cheese crisps, zesty popcorn, mini elote cups, fruits and veggies. Layer a “smile” of California cubed cheeses of your choice across the middle of the board for extra fun.

Girl Dinner. With more than 530 million views on TikTok, the “Girl Dinner” food trend was a popular conversation starter last year. It’s an easy-to-grab snack plate that busy people are enjoying for dinner, either solo or with friends. Make sure it’s healthy by adding cheese for protein, which you can complement with other nutritious foods such as berries, fruit slices, asparagus spears, and hummus. Find California cheeses at your local supermarket with this [product locator](#) – there are more than 250 varieties from 40 cheesemakers.



Smash-Burger-Style Cheesy Chorizo Tacos. A smash burger and taco combination – this is the culinary mashup you didn’t know you needed and the hit of your summer backyard gatherings! This take on the viral sensation lends a spicy flair by using chorizo sausage, pico de gallo, and California Oaxaca and Queso Fresco cheeses. They’re quick to make on the grill or stovetop. Have guests choose their own toppings, making it extra satisfying.

Cottage Cheese Everything. It’s the popular ingredient that keeps on giving! Oven-baked cottage cheese is the latest variation to take social media by storm. Used as a wrap or pizza crust, cottage cheese flatbread delivers flavor and protein without the carbs. Or for a nostalgic angle, try the trending Cold Plate Summer, with a scoop of cottage cheese topped with pickles.



“Mimosa” Floats. Mix Champagne or sparkling white grape juice with orange juice, and top with a scoop of California vanilla ice cream and an orange wheel. This recipe checks off several trends: sparkling beverages, seasonal ingredients, dessert and brunch. As a bonus, it matches Pantone’s color of the year: peach fuzz.

Remember, when you’re shopping for dairy for your summer snacks, make sure to look for the Real California Milk seal. Products featuring the seal are made with wholesome dairy from the Golden State – the top dairy producer in the U.S. – where 99% of dairies are family owned and farm families are committed to sustainable farming practices. For more delicious recipes for easy summer entertaining, visit the Real California Milk [recipe page](#).

Please drink responsibly. Learn more at [Responsibility.org](#).

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