

# 12 EASY WAYS TO USE MILK

Got too much milk? No problem. A few clever ideas can help you use up your milk while adding flavor, protein and nutrients to your meals.

## 1.

Prep homemade popsicles by blending milk with yogurt and fruit, then freezing in a popsicle mold.

## 2.

Make oatmeal or farina (cream of wheat) with milk instead of water.

## 3.

Make pancakes, waffles or biscuits with milk and freeze for easy heat-and-eat breakfasts.

## 4.



Make a smoothie: add your favorite fresh or frozen fruit and blend with milk.

## 5.

Replace your mealtime soda with 1 cup of white or chocolate milk for a nutrition boost.

## 6.



Mix hot cocoa with milk on the stove.

## 7.



Bake bread or muffins with milk instead of water.

## 8.

Freeze milk into ice cubes to add to smoothies, sauces or soups. Add fruit for sweetness.

## 9.



Create strawberry milk: Heat  $\frac{1}{2}$  cup strawberries,  $\frac{1}{4}$  cup sugar and  $\frac{1}{4}$  cup water on the stove for 10 minutes. Strain into a syrup. Add to 2 cups milk.

## 10.



Substitute milk for water with your boxed mac and cheese.

## 11.

Give soup a creamy kick by adding milk instead of water.

## 12.

Stir up your favorite pudding with milk.