



20 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 Begin your day with a **bowl of whole-grain cereal** topped with a cup of milk.

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



3 **Whip up some eggnog:** Whisk $\frac{1}{2}$ gallon cold milk and 1 package instant French vanilla pudding mix until smooth. Add $\frac{1}{4}$ cup sugar, 2 tsp vanilla extract, $\frac{1}{2}$ tsp ground cinnamon and $\frac{1}{2}$ tsp ground nutmeg. Refrigerate until serving.

4 **Put it in your coffee** - this is especially good with chocolate milk!

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

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

7 **Stir up your favorite pudding** with milk.

8 **Tone down a dish that's too spicy** by using milk in the recipe.

9 Bake in **au gratin potatoes**.

10 **Marinate and tenderize chicken:** Add 1 tbsp lemon juice to whole milk. Let sit 5 minutes. Add salt, pepper and favorite seasonings. Pour over chicken and refrigerate overnight.

11 **Bake bread or muffins** with milk instead of water.



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



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

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

15 **Whisk eggs with milk** when making a morning omelet or scramble.

16 **Substitute milk for water** with your boxed mac and cheese.



17 **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.

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

19 **Give grits extra creaminess** by cooking them in milk.



20 **Mix hot cocoa** with milk on the stove.