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 ½ gallon cold milk and 1 package instant French vanilla pudding mix until smooth. Add ¼ cup sugar, 2 tsp vanilla extract, ½ tsp ground cinnamon and ½ 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 bread or muffins with milk instead of water.
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.
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 ½ cup strawberries, ¼ cup sugar and ¼ 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.

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