



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.

11 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.

9 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.

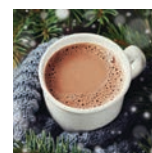
16 Substitute **milk for water** with your boxed mac and cheese.



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.