

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 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 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.