

## seven ways to use milk



### 1 serve milk at meals

Drink a glass of milk with meals, and your kids will too.

It's an easy way to get calcium in your diet!

### 2 try a different flavor

- Blend a frozen banana with 1 cup of milk.
- Add a small amount of chocolate or strawberry flavoring to milk.
- Make hot cocoa with milk instead of water.



### 3 make soup

Use milk instead of water when making tomato soup or chicken rice soup.

#### Potato Soup

- 2 potatoes, peeled and diced
- 2 carrots, peeled and diced
- 3 cups water
- 1 chicken bouillon cube
- 2 tablespoons vegetable oil
- ½ cup chopped onion
- 3 tablespoons flour
- 3 cups milk
- ½ teaspoon dry Italian herbs
- Dash of black pepper

- Place the diced potatoes, carrots, chicken bouillon cube and water in a pan. Cook for about 10 minutes.
- Heat oil in a large pan. Add the onion and cook over medium heat for about 3 minutes. Add the flour to the cooked onion, and stir together.
- Add milk, Italian herbs, black pepper, and potato mixture to the cooked onions in the large pan. Heat and stir for 20 to 30 minutes.



### 4 pour milk on cereal

- Enjoy breakfast cereal with milk in the morning.
- Hungry for a snack? Eat a small bowl of cereal with milk.

### 5 mix with milk

Try mixing macaroni and cheese with potatoes, mashed potatoes or French Toast.

### 6 French Toast

Mix 1 egg and 1 cup milk together. Dip bread in the egg-milk mixture and fry in a greased skillet. Brown bread on one side. Turn and brown on the other side. Serve with applesauce, sliced strawberries, or frozen berries warmed in the microwave.

### 7 bread pudding

Use bread cubes

- 1 cup milk
- 1/2 cup sugar
- 1/2 teaspoon vanilla
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 2 bananas

Use in a casserole dish with bread cubes. Place the bread cubes in the casserole dish. Mix the milk, sugar, vanilla, cinnamon and salt in a bowl. Pour the egg mixture over the bread cubes and stir to coat. Bake in a 350° oven for 40 minutes.

Use for breakfast or a snack!

### 8 make a smoothie

Mix 1 cup milk and 2 cups of berries (blueberries, raspberries, strawberries) together.

Use fat-free (skim) or 1% milk for adults and over the age of 2 years.

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