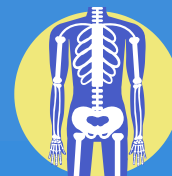


# 10 WAYS TO USE MILK TO BOOST YOUR DIET

Milk is an excellent source of **protein** and **calcium**.

## WHY MILK?

- Essential for growth and development in children
- Protein builds and repair muscle.
- Calcium supports bone and dental health.



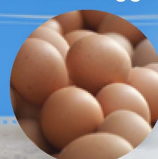
## CONCERNED ABOUT LACTOSE INTOLERANCE?

- Lactose free milk is real milk without lactose
- People who are lactose intolerant may still be able to enjoy aged cheeses, yogurt, and kefir because there is less lactose in those products.
- Combining milk with other foods can give the body more time to digest lactose.

**Vitamin A** as  
3/4 cup of  
broccoli



**Protein** as 1 1/2  
medium eggs



**Calcium** as  
10 cups of  
raw spinach



**Vitamin D** as  
3/4 ounce  
of cooked  
salmon



**An 8-ounce  
serving of milk,  
flavored or not,  
provides  
as much...**

**Riboflavin**  
as 1/3 cup  
of whole  
almonds



**Pantothenic  
acid** as  
2 1/2 cups of  
sweet corn



**Niacin** as  
20 cherry  
tomatoes



**Vitamin B-12**  
as 4 ounces of  
cooked turkey



**Phosphorus**  
as 1 cup of  
canned  
kidney beans



Sometimes we all end up with more milk than we need. Don't let that extra milk go to waste. Check out our **top 10 ways** to use it up.

# GOT EXTRA MILK?

## BLEND IT



Whip up a batch of smoothies with  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  cup yogurt, and  $\frac{1}{2}$  cup fruit you have on hand. Enjoy immediately or freeze leftovers in paper cups with popsicle sticks to enjoy as frozen treat later.

## SOAK IT



Make overnight oats. Combine  $\frac{1}{3}$  cup rolled oats,  $\frac{1}{2}$  cup milk, and  $\frac{1}{4}$  tsp. vanilla in a bowl or a jar. Cover and refrigerate overnight. In the morning stir in fresh or dried fruit, nuts, and a touch of honey.

## HEAT IT



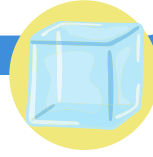
Make flavored steamers. Heat milk on low until steaming in saucepan on the stove or in a microwave. Add your favorite flavors such as cinnamon, nutmeg, and vanilla, or use chocolate milk.

## FERMENT IT



Combine kefir grains and at least 2 cups of milk in a jar, cover with coffee filter, and let sit in warm spot until thickened for about 24-48 hours. Store in refrigerator after serving. Learn more about making your own kefir [on our blog](#).

## FREEZE IT



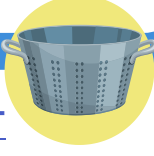
Freeze milk into ice cubes and use it later in iced coffee, sauces, soups and more. Frozen milk works best as an ingredient. Learn more about freezing milk [on our blog](#).

## SIMMER IT



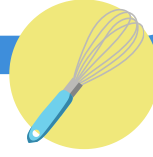
Create creamy soups, chowders, and stews by combining cut up leftover veggies (onion, potatoes, carrots, peas, etc.) with 2 cups of milk and 2 Tbsp. of butter. Bring to a boil over medium then reduce heat to a simmer. Cook until milk has thickened and the veggies are tender. Season to taste with salt and pepper.

## TRANSFORM IT



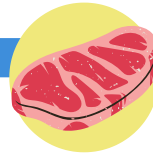
Turn it into ricotta cheese. Line a large colander or strainer with cheese cloth, a low lint clean kitchen towel, or paper towels. Place this inside a large bowl. Add to large heavy pot 7 cups of milk, 1 cup cream and  $\frac{3}{4}$  tsp. salt. Heat on medium until simmering. Stir frequently and do not let it boil over. Remove from heat, add 3 Tbsp. of lemon juice. and stir until milk curdles. Let stand 5 min. Pour the curdled mixture into the lined colander and drain over bowl for 30 min. Use discarded liquid in baking. Scoop out curds from colander and store covered in fridge for up to 2 days. Yields about 1 cup.

## FROTH IT



Microwave a cup of milk until steaming. Wisk until frothy and add to your morning cup of coffee or tea.

## MARINATE WITH IT



Tenderize meat with your own homemade buttermilk. Add 1 Tbsp. of lemon juice to a  $1\frac{1}{2}$  cup of milk and let sit for 20 min. until it thickens. Season buttermilk to taste with salt, pepper, and your favorite spices. Your buttermilk marinade is now ready to use. Add homemade buttermilk to chicken, pork, or beef and let it sit in the refrigerator overnight in a sealed container.

## COOK WITH IT



Milk is a key ingredient for many dishes like Mac and Cheese. Cook 8 oz. dried macaroni pasta according to container instructions. Drain pasta and set it aside. Combine 1 cup of milk, 2 Tbsp. of butter,  $\frac{1}{2}$  tsp. of salt and pepper, and a dash of paprika. Stir until the butter is completely melted and the mixture is simmering. Return pasta to the pan and add 2 cups of shredded cheddar cheese. Reduce heat and combine until the cheese is melted. Add leftover sauteed greens and veggies to make it a complete, nutritious meal.