



Tips on How to Add More Milk to Your Day **from Oakhurst Dairy Dietitian Pam Stuppy**

- **Take a travel mug in the car that contains a warm milk drink or smoothie**
- **Use milk instead of water to make oatmeal or other cooked cereal**
- **Have a healthy cold cereal and milk for breakfast or as a snack**
- **Try a cream soup made with milk as part of lunch**
- **Replace some or all of the oil in a recipe with fat-free buttermilk – as in muffins, scones, quick breads (like banana bread), biscuits, pancake or waffle batter**
- **Microwave a bowl of granola and milk for a warm snack or breakfast**
- **Cook rice or other grain in milk instead of water**
- **Use milk to make desserts like bread pudding, rice pudding, other puddings**
- **Use milk when making scrambled eggs, omelets, or French toast**
- **Enjoy gourmet coffee and milk drinks (lattes, etc.)**
- **Use milk instead of water for packaged baked goods like muffin mixes, quick bread mixes, pancake or waffle batter mixes**
- **Replace water in yeast bread recipes with milk**
- **Try polenta made with cornmeal and milk as a side dish at dinner**
- **Cook fresh or frozen corn in milk for a creamier, sweeter taste**
- **Use chocolate milk as a recovery snack after exercise**
- **Try including a glass of milk as your beverage at each meal**