



Recipes Using Oakhurst Plus Omega-3 Lowfat Milk

Panna Cotta with Fresh Berries

Ingredients

- 2 cups lowfat Oakhurst Plus Omega -3 Lowfat Milk or Oakhurst Lowfat milk of choice
- ¼ cups sugar
- 2 packets unflavored gelatin
- ¼ cups cold water
- 2 cups low fat or non-fat vanilla yogurt
- 1 cups non-fat sour cream
- 1 tsp vanilla
- 2-3 cups fresh berries

Instructions

- In a large saucepan, heat milk with sugar over low heat, stirring until sugar dissolves.
 - Meanwhile, in a small bowl, combine gelatin with ¼ cups cold water.
 - Whisk the softened gelatin into the warm milk until dissolved.
 - Whisk in the yogurt, sour cream and vanilla.
 - Pour into a ring mold or individual dessert glasses.
 - Refrigerate until set, at least 2 hours.
 - Top with fresh berries (or sliced peaches).
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Fruit Smoothie

In a blender, combine:

- 1 cups lowfat Oakhurst Plus Omega-3 Lowfat Milk or Oakhurst Lowfat milk of choice
- 4 oz vanilla yogurt
- ½ cups fresh or frozen berries
- 3 ice cubes
- Optional: banana

Blend until smooth.

Spiced Hot Chocolate

Heat on stovetop or in microwave:

- 4 oz Oakhurst Plus Omega-3 Lowfat Milk or Oakhurst Lowfat milk of choice
- 4 oz Oakhurst lowfat chocolate milk

Sprinkle with cinnamon and whisk together. Enjoy!

Spiced Chai Tea

- Tea
- Oakhurst Plus Omega-3 Lowfat Milk or Oakhurst Lowfat milk of choice, heated
- Honey
- Dash of one or more sweet spices – cinnamon, allspice, cloves, nutmeg, ginger

Make ½ cup strong tea.

Add to ½ cup heated milk; add honey and spices to taste; whisk until frothy.

Warm Mocha Milk

- Heat Oakhurst Plus Omega 3 Lowfat Milk or Oakhurst Lowfat milk of choice on stovetop or in microwave.

Stir in instant coffee granules to taste. Sprinkle with powdered cocoa.

Peanut Butter Banana Smoothie

In a blender combine:

- 1 cups lowfat Oakhurst Plus Omega-3 Lowfat Milk or Oakhurst Lowfat milk of choice
- 1 Tbsp. creamy peanut butter
- ½ banana
- ¼ tsp. ground cinnamon
- 3 ice cubes

Blend until smooth.

Peach Almond Smoothie

In a blender, combine:

- 1 cups lowfat Oakhurst Plus Omega-3 Lowfat Milk or Oakhurst Lowfat milk of choice
- 1 peach, peeled and sliced
- 1 Tbsp. brown sugar
- ¼ tsp. almond extract
- 3 ice cubes

Blend until smooth.

Chocolate Peanut Butter Smoothie

In a blender combine:

- 4 oz Oakhurst chocolate lowfat milk
- 4 oz Oakhurst Plus Omega-3 Lowfat Milk or Oakhurst Lowfat milk of choice
- 1 Tbsp. creamy peanut butter
- 3 ice cubes

Blend until smooth.
