

Make it with MILK!

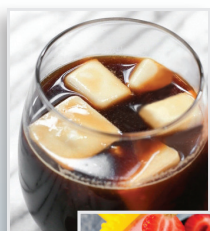


HEAT IT UP!

Use milk in place of water to add rich creaminess to instant favorites:

- Hot cereals (oatmeal, creamy wheat, grits)
- Hot chocolate
- Soups and mashed potatoes

Create coffeehouse drinks with a calcium kick by adding warm milk to strong coffee for a quick latte or to chai tea for a sip of spice.



KEEP IT COOL!

- Freeze milk in ice cube trays for iced coffee
- Strawberry-sicles: Mix 2 cups low-fat milk, 2/3 cup heavy whipping cream, 1/2 cup strawberry syrup. Pour into popsicle molds and freeze
- Prepare instant pudding with ice-cold milk for an easy sweet treat

SERVE IT SMOOTH!

Milk makes the perfect base for smoothies of all kinds:

- Blend equal parts milk and frozen fruit for a basic beverage
- Add yogurt, peanut butter, oatmeal or banana slices to boost texture
- Take the flavor up a notch – use flavored milks and different kinds of fruit



WHAT'S COOKING!



CROCK POT CHOCOLATE PUDDING CAKE

Ingredients

- 1 pkg. instant chocolate pudding and pie filling mix
- 3 cups milk
- 1 pkg. chocolate fudge cake mix plus ingredients to prepare mix
- Whipped cream (optional)



Directions

Spray a 4-quart slow-cooker with nonstick cooking spray. Add pudding mix and whisk in milk. Prepare cake mix according to package directions. Carefully pour cake mix into slow-cooker. Do not stir. Cover and cook on high for 1-1/2 hours or until cake is set. Serve warm with whipped cream if desired.

MARVELOUS MAC AND CHEESE

Ingredients

- 2 cups uncooked elbow macaroni
- 2-1/2 cups low-fat milk
- 1 Tbsp. butter
- 3 Tbsp. all-purpose flour
- 3/4 tsp. salt
- 1/2 tsp. dry mustard
- 8 oz. shredded reduced-fat sharp Cheddar cheese
- 2 oz. shredded reduced-fat sharp Cheddar cheese (optional topping)



Directions

Preheat oven to 375° F. Cook macaroni according to package directions and drain. In same saucepan, heat milk and butter over medium heat until butter melts. Gradually whisk in flour, salt and dry mustard; simmer for 1 minute, whisking occasionally. Make sure sauce has a creamy consistency and has thickened before removing from heat. Remove from heat; stir in 8 oz. of the cheese and stir until melted. Add drained macaroni to saucepan and toss with cheese sauce. Transfer to an 8- or 9-inch square baking dish. Top with additional cheese, if using. Bake uncovered until hot and bubbly, about 20 minutes. Let stand 5 minutes before serving.

TOMATO BASIL SOUP

Ingredients

- 8 ripe plum tomatoes or 1 (16-oz.) can of tomatoes (drained)
- 1 medium chopped onion
- 1 Tbsp. olive oil
- 2 cloves garlic, crushed
- 1 pinch ground red pepper
- 1 Tbsp. chopped fresh basil or 1 teaspoon dried basil
- 2 cups low-fat milk
- Salt
- Fresh basil leaves for garnish (optional)



Directions

If using fresh tomatoes, in a large pot of boiling water, blanch ripe tomatoes for 10 seconds. Transfer to colander; cool slightly. Peel off skin. Cut tomatoes in half; remove seeds and chop. In a medium saucepan, cook onion in olive oil over medium heat, stirring frequently, until golden brown, about 4 minutes. Add garlic and cook 1 minute longer. Add chopped tomatoes and cook uncovered over medium heat for 20 minutes. If using canned tomatoes, decrease cooking time to 10 minutes. Spoon 3/4 of mixture into food processor or blender container; puree until smooth.

Return puree to saucepan. Add red pepper, basil and milk to the soup. Heat until hot, but do not boil. Season to taste with salt. Divide soup into two warm bowls and serve immediately. Garnish with fresh basil leaves, if desired.