

CUSTOM MILK

MAKE IT YOURS WITH CUSTOMIZED COLORS AND FLAVORS!

SUPPLIES:



Milk



Your favorite flavors
(cookies, flavor drops, fruit, etc.)



Food coloring



Fun straws or decorations



OPTIONAL: A blender
(and your parent's permission to use it!)

INSTRUCTIONS:

1. POUR IT!

Pour milk into a cup.

2. FLAVOR IT!

Add your mix of flavors.

3. COLOR IT!

Add a few drops of food coloring and stir.

4. NAME IT!

What do you call your milk creation?

Take your milk to the next level by blending it into a smoothie or adding your favorite fun toppings!



Distributed by Maine Dairy & Nutrition Council
courtesy of Dairy Council of Florida.



