

12 Easy Ways to Use Milk

Got too much milk? No problem. A few clever ideas can help you use up your milk while adding flavor, protein, and nutrients to your meals.

1.

Prep homemade popsicles by blending milk with yogurt and fruit, then freezing in a popsicle mold.

2.



Make oatmeal or overnight oats with milk instead of water.

3.

Make pancakes, waffles, or biscuits with milk and freeze for easy heat-and-eat breakfasts.

4.



Make a smoothie: add your favorite fresh or frozen fruit and blend with milk.

5.

Replace your mealtime soda with 1 cup of white or chocolate milk for a nutrition boost.

6.

Mix hot cocoa with milk on the stove.

7.



Bake bread or muffins with milk instead of water.

8.

Freeze milk into ice cubes to add to smoothies, sauces, or soups. Add fruit for sweetness.

9.

Create strawberry milk: Heat 1/2 cup strawberries, 1/4 cup sugar, and 1/4 cup water on the stove for 10 minutes. Strain into a syrup. Add to 2 cups of milk.

10.

Substitute milk for water in your boxed mac and cheese.

11.

Give soup a creamy kick by adding milk instead of water.



12.

Stir up your favorite pudding with milk.

