Katie says:

Shake off the heat with these cool milk recipes.

**Krazy Jam Shake**
1 cup cold milk
1 tablespoon jam, jelly, or preserves (any flavor)

1. Put 1 cup of cold milk in a pint-sized jar. Add 1 tablespoon of jam, jelly, or preserves.

You can also use a blender with this recipe.

2. Put a lid on the jar. Shake well.

3. Pour the Krazy Jam Shake into a glass. It is ready to drink.

**Fruit Fling**
1 cup cold milk
2 tablespoons fruit juice (any flavor)

1. Put 1 cup cold milk in a pint-sized jar. Add 2 tablespoons fruit juice.

You can also use a blender with this recipe.

2. Put a lid on the jar. Shake well.

3. Pour the Fruit Fling into a glass. It is ready to drink.

**P-Nutty Shake**
1 cup cold milk
1 teaspoon sugar
1 tablespoon peanut butter

1. Put 1 cup of milk, 1 tablespoon of peanut butter, and 1 teaspoon sugar in a pint-sized jar.

You can also use a blender with this recipe.

2. Add another ½ cup cold milk. Put a lid on the jar. Shake well.

3. Pour the P-Nutty Shake in a glass. It is ready to drink.
Dear Friend,

Katie comes to you from your county Extension office. We can tell you many things about feeding and caring for your family. Come by or call the Extension office for free booklets.

Katie

Milk Recipes

Try these tips and recipes if your child does not drink milk.

- Serve milk and add fruit or chocolate syrup for extra flavor.
- Use other foods high in calcium. These include cheese, yogurt, pudding, hot chocolate, and milkshakes.
- Add milk to foods that your child eats. Casseroles, soups, and puddings are good choices.
- Use milk instead of water when cooking hot cereals such as oatmeal.

Stephanie Woodyard, Extension Specialist, Family Programs

Your local Extension Agent can tell you more about this and can help you in other ways too. Call or write:

Stephanie J. Woodyard
Extension Specialist, Family Programs
Your local Extension Office