

# Serve The Goodness Of Milk In Ways Your Child Will Love



Here are a few suggestions to try with milk to serve it in varied and delicious forms to your child.

Milkshakes in a variety of flavors, such as chocolate and vanilla



Healthy iced tea with chopped fruits

Milk-based desserts like puddings or porridges



Sauces and dips with milk or white sauce pasta

Smoothies with their favorite fruits



Adding more milk to breakfast items like oats, cereals, and pancakes