

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

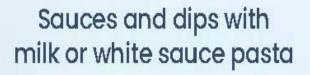


Healthy iced tea with chopped fruits



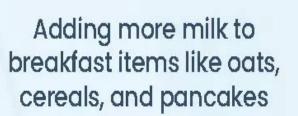
Milk-based desserts like

## puddings or porridges



## Smoothies with their favorite fruits







Source: https://www.momjunction.com/articles/benefits-of-milk-for-kids\_00351190/