

Fuel Up with Milk

Benefits of Milk

Calcium:

Helps build and maintain strong and healthy bones



Vitamin D:

Helps your body absorb calcium for strong teeth and bones



Protein:

Helps build and repair muscles



Potassium:

Helps keep heart and muscles healthy

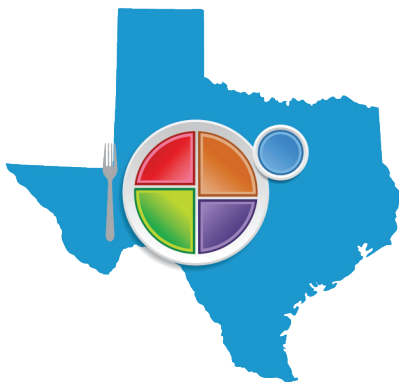


Vitamin A

Helps keep your eyes and skin healthy

How to Incorporate Milk in Your Diet

1. Drink a glass of milk with your meals
2. Use milk instead of water when making soup
3. Add milk to your smoothies
4. Add milk to your pasta and casserole dishes
5. Pour on your cereal



MyPlate Dairy Guidelines:

Adults should aim for 3 cups of dairy every day

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Recipes Using Milk

Cinnamon Apple Smoothie

Ingredients:

- ½ large apple
- ½ banana
- 1 Tbsp. peanut butter
- 1 cup milk
- 1 tsp. cinnamon
- 3 cubes of ice

Directions:

1. Slice apple and remove seeds.
2. Combine sliced apple, banana, peanut butter, milk, cinnamon, and ice into blender.
3. Blend until smooth

Creamy Corn and Tomato Chowder

Ingredients:

- 1 small onion, chopped
- 1 Tbsp. olive oil
- 2 to 3 Roma tomatoes, diced
- 1 can cream corn
- 1 cup water
- 1 cup milk
- 1 tsp. chili powder
- Salt and pepper to taste
- 1 cup milk
- 1 tsp. cinnamon
- 3 cubes of ice

Directions:

1. Add olive oil to a medium pot and heat. Once oil is hot, add onion and cook until translucent.
2. Add tomatoes and cook for about 3 minutes until combined with onion.
3. Add cream corn, water, and milk. Stir to combine evenly and slowly bring to a boil.
4. Reduce heat, add chili powder and salt and pepper to taste.
5. Cook for about 5 minutes until combined and heated throughout. Serve warm and enjoy!

Overnight Oats

Ingredients:

- ½ cup old-fashioned oats
- ½ cup milk
- ½ cup diced apple
- 1 teaspoon honey
- Dash of cinnamon

Directions:

1. Add all ingredients into a container and stir
2. Refrigerate overnight.