

Vanilla Milk

A no-added-sugar alternative to hot coco!

Hot coco usually has 12 grams added sugar per serving. Kids should not have more than 25 grams added sugar a day. Get your kids used to vanilla milk instead of hot coco to decrease their sugar intake!

Makes 1 cup of vanilla milk

Ingredients

1 cup milk (any unflavored kind will work)
½ teaspoon vanilla or almond extract
⅛ teaspoon cinnamon

Instructions

1. Pour 1 cup milk into a microwave safe mug
2. Heat until just warm enough for your child (about 1 minute)*
3. Stir in 1/2 teaspoon vanilla extract *or almond extract***
4. Sprinkle with 1/8 teaspoon cinnamon
5. Stir and taste. Add more vanilla or cinnamon to taste.
6. Drink immediately

**Be careful with hot liquids around very young children. Just heat the milk until it is barely warm and be sure to stir the milk well to avoid hot spots.

*Almond extract is more expensive than vanilla, but it is a really yummy treat. If you are going to use almond extract, start with 1/4 teaspoon and add more if you need it. Almond extract has a stronger flavor than vanilla extract.

