Pour milk into a cup.

Add your mix of flavors.

Add a few drops of food coloring and stir.

What do you call your milk creation?

Take your milk to the next level by blending it into a smoothie or adding your favorite fun toppings!

**Supplies:**

- Milk
- Your favorite flavors (cookies, flavor drops, fruit, etc.)
- Food coloring
- Fun straws or decorations
- OPTIONAL: A blender (and your parent’s permission to use it!)

**Instructions:**

1. **Pour it!**
   - Pour milk into a cup.

2. **Flavor it!**
   - Add your mix of flavors.

3. **Color it!**
   - Add a few drops of food coloring and stir.

4. **Name it!**
   - What do you call your milk creation?
   - Take your milk to the next level by blending it into a smoothie or adding your favorite fun toppings!

For more information, visit FloridaMilk.com/in-the-schools