



## How can you make milk interesting to kids with simple ingredients?

Milk is a great source of Protein and Calcium and an important part of children's diet. But getting kids to drink can be a challenge. After all, it doesn't have the same sweet flavors that many other beverages offer. So, how can you make milk more interesting for kids? The answer lies in simple ingredients that can add flavor and texture to milk without compromising its nutritional value.

There's a catch at the end of this blog, a better and more efficient way to get that goodness of [A2 Gir Cow Milk](#) and make it even more delicious, without putting in too much effort, so, read it till the end. In this blog post, we'll explore some delicious ways to make milk more interesting for kids. From adding Dry Fruits and Nuts to making Smoothies and Milkshakes, we'll cover all the bases!



## **1. Add Nutrition – Dry Fruit:**

Adding Dry Fruit is one of the easiest and most delicious ways to make drinking milk more fun for kids. Dates, Raisins, or Figs can be soaked in milk for 1-2 hours, and can be blended with milk for a tasty smoothie or a milkshake that's sure to please these little palates. You can also try adding small pieces of these dry fruits in a glass of cold milk for added flavor and texture.

## **2. Add Nuts:**

Nuts are another great way to make drinking milk more exciting for kids. Almonds, walnuts, cashews - any type of nut will work! Simply grind them up in a food processor or blender and mix them into your child's glass of cold milk for an added crunchy texture and nutty flavor boost. You could even sprinkle some nutmeg on top for extra flavor!

## **3. Make Milkshakes & Smoothies:**

Making milkshakes or smoothies with milk is a great way to get your children interested in drinking it every day! All you need is some ice cream and your child's favorite dry fruits or nuts. Blend them together with some cold milk until it is smooth to make a delicious treat! This is a great way to sneak in extra nutrients like Protein since both ice cream and dry fruits are loaded with it!

## **4. Summer drinks:**

You can add delicious Gulkand or thandai to beat the summer heat. It not only protects the child from the heat but also adds tasty flavor to the milk.

## **5. Try Different Flavors:**

If your child isn't keen on plain old milk then why not try out different flavors? Chocolate syrup or peanut butter are two easy ways to add sweetness & richness while still keeping things healthy – just mix them into your child's glass of cold milk & voila! You've got an instant flavourful treat that even picky eaters will love!

## **6. Get Creative with Toppings:**

Toppings are another great way to jazz up plain old glasses of cold milk – from shredded coconut flakes all the way through to cocoa powder and sprinkles (for a chocolaty milkshake-style treat). Get creative with what you have on hand – there's no wrong way when it comes to toppings! Just let your children go wild & see what they come up with they'll sure love their creations!

## **7. Turmeric Latte or Haldi Doodh:**

Give it a try as it is the healthiest option if your child loves it. Add a pinch of turmeric, dry ginger, black pepper, cardamom and a tsp of mishri or honey. It not only adds flavor but also helps treat constipation, lethargy and keeps cold and cough at bay.

## **8. Change your normal milk to Gir Cow's A2 Milk:**

Gir Cows A2 Milk is the best milk for your child as it is the easiest to digest of all. Natural, Preservative Free and Organic A2 Milk is the way to go and Aumilk has it all. You can check out AUMILK's monthly Gir Cow's A2 Milk Plan [here!](#)

## **Conclusion:**

Milk is an important part of any child's diet but getting them excited about drinking it can be tough - especially if they're not used to its taste or texture yet. Fortunately there are plenty of easy ways you can make drinking milk more interesting from adding dry fruits and nuts to making milkshakes & smoothies to trying out different flavors & toppings. Trying any of this should appeal even to the pickiest eaters out there so why not give these ideas a try today?

Or As mentioned above you can just save yourself from all the hard work and try [Aumilk](#) Gir Cows A2 Milk, which is a good source of nutrition without any preservatives and chemicals. Natural taste and freshness for you and your loved ones.

## Contact Us

**Phone No:** +91 93797 97930

**Email:** [wecare@aumilk.in](mailto:wecare@aumilk.in)

**Website:** <https://adhigava.in>

**Address:** Survey No:118, Kankot, Rajkot, Gujarat.