

# Guilt-Free Treats



## The Ultimate Vanilla Milkshake

Serves 4

2 cups low-fat or fat-free vanilla frozen yogurt  
1 cup Over the Moon low-fat or fat-free milk  
1 tsp. vanilla extract

In a blender, combine ice cream, Over the Moon milk and vanilla extract. Blend until smooth. Pour into glasses and serve. Add chocolate or fruit to change flavor as desired.



## Killer Hot Chocolate

1 mug of Over the Moon fat-free chocolate milk

Place the mug in the microwave. Cook on high for about 60 seconds and enjoy! Our Killer Hot Chocolate is also delicious with a dollop of whipped cream, a dash of nutmeg, a drop of vanilla or, for a special holiday treat, a candy cane.



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## Homemade Mint Chocolate Chip Ice Cream

Serves 8

- 2 cups Over the Moon low-fat or fat-free milk
- 2 cups heavy cream
- 1 cup sugar
- 1/2 tsp. salt
- 1 tsp. vanilla extract
- 1 tsp. peppermint extract
- 3 drops green food coloring (optional)
- 1 cup miniature semisweet chocolate chips

In a large bowl, stir together the milk, cream, sugar, salt, vanilla extract and peppermint extract until the sugar has dissolved. Color to your liking with the green food coloring.

Pour the mixture into an ice cream maker, and freeze according to the manufacturer's instructions. About 10 minutes into the freezing, add the chocolate chips. About 30 minutes later, after the ice cream has thickened, spoon into a container and freeze for 2 hours.



## Cookies and Cream Smoothie

- 1 cup Over the Moon fat-free milk
- 1 cup fat-free or low-fat chocolate frozen yogurt
- 2 regular sandwich cookies (such as Oreos®)

Combine Over the Moon milk and frozen yogurt in a blender until smooth. Crumble in sandwich cookies and blend. Serve and enjoy.



**EXTRA-HEALTHY ALTERNATIVE**

Use reduced-fat Oreos®



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## Old-Fashioned Butterscotch Pudding

Serves 4

1 cup packed brown sugar  
1/4 cup cornstarch  
3 cups Over the Moon low-fat or fat-free milk  
1/2 tsp. salt  
3 egg yolks, beaten  
1/4 cup butter  
1 tsp. vanilla extract

In a small bowl, mix together brown sugar, cornstarch and salt. Add enough milk to make thick paste. In a saucepan over medium heat, bring milk to a boil. Stir in brown sugar mixture, return to a boil and cook for 1 minute.

Place egg yolks in small bowl. Temper the yolks by quickly stirring in about 1/4 of hot milk mixture. Pour yolk mixture back into hot milk mixture, and return to heat. Cook, stirring constantly, for 1 minute; remove from heat. Stir in butter and vanilla until butter is melted. Pour into bowls, and let cool slightly.



## Berry Dairy Dream

1 1/2 cups Over the Moon fat-free milk  
1 cup frozen strawberries or raspberries  
2 Tbsp. honey  
Splash of ginger ale or 7-Up

Blend until smooth. Serve and enjoy. For an extra creamy dream, add 1/2 cup strawberry ice cream or low-fat raspberry frozen yogurt.



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## A Lotta Latte

1 1/4 cups Over the Moon low-fat or fat-free milk  
2 Tbsp. any flavor of flavored syrup  
1 jigger (1.5 fluid ounce) brewed espresso

Pour Over the Moon milk into a steaming pitcher and heat to 145° to 165° using the steaming wand. Measure the flavored syrup into a large coffee mug. Brew espresso, and add to mug. Pour the steamed milk into the mug, using a spoon to hold back the foam. Spoon foam over the top.



**EXTRA-HEALTHY ALTERNATIVE**  
Try sugar-free flavored syrup



## At-Home Cappuccino

Serves 4

2 cups Over the Moon fat-free milk  
1 Tbsp. sugar  
2 cups strong, freshly brewed coffee  
Cinnamon or grated chocolate, optional

Place Over the Moon milk in 2-cup glass measuring cup. Microwave on high until hot, about 2 minutes and 20 seconds. Place hot milk and sugar in a blender container. Cover with a vented lid and blend until frothy, about 1 minute. To serve, divide coffee among four cups. Top each with frothy milk, sprinkle with cinnamon or grated chocolate.



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## Banana Breakfast Shake

Serves 2

1 1/2 cups Over the Moon fat-free milk  
1 peeled and sliced medium banana, frozen\*  
1/2 tsp. vanilla extract  
1/4 tsp. almond extract, optional  
Cinnamon for garnish, optional

\* Wrap sliced banana in plastic wrap or place in freezer storage bag. Freeze several hours or overnight.

In a blender container, combine all ingredients, except cinnamon. Blend until smooth, about 20 seconds. Pour into glasses and garnish with a sprinkle of ground cinnamon, if desired.

