

How can I use evaporated milk?

- Make creamy smoothies or hot chocolate.
- Use in place of heavy cream or whole milk for healthier mashed potatoes, macaroni and cheese, and cream soups.



© Nutrition Matters, Inc.
All Rights Reserved.

This tipsheet can be reproduced
for educational purposes.



How can I use evaporated milk?

- Make creamy smoothies or hot chocolate.
- Use in place of heavy cream or whole milk for healthier mashed potatoes, macaroni and cheese, and cream soups.



© Nutrition Matters, Inc.
All Rights Reserved.

This tipsheet can be reproduced
for educational purposes.

