

### Gather

1 cup Milk  
3 cups Vanilla Ice Cream  
Baking Sheet  
Pitcher

Large Spoon  
Cups  
Napkins  
Camera (for photo shoot)

### Recipe

- Place ice cream carton on a baking sheet in the refrigerator (not the freezer) the night before the shoot.
- Combine 3 cups ice cream and 1 cup milk in pitcher. Stir slowly to blend. Mixture should be thick. You will want to keep your recipe cold so it remains thick.
- Pour mixture into a small cup and take a sip making sure to dip your lip. Purse your lips as you tip the cup back so the milkshake flows over your lip.
- Smile for the camera and say... CHEESE?!

Makes approximately 30, 1-oz servings

## The Coveted Milk Mustache Recipe

Milk mustache photos are popular at health fairs,  
family wellness nights, cafeteria promotion days  
and as classroom activities.

