



Mom39s Warm Milk

Jacob · 28/09/2024



Prep Time

3 mins

Difficult

Medium

Servings

1

Description

When my boys had a hard time getting to sleep I came up with this warm milk to help calm them Even now years after they began drinking it they still enjoy it during homework or after coming in from a cold day of play I too have enjoyed it after a long days work I hope you enjoy this recipe as well for years to come

Ingredients

— - 1 cup milk - 1 teaspoon vanilla extract - 2 tablespoons white sugar - ¼ teaspoon ground nutmeg

Instructions

1. In a large mug
2. stir together the milk
3. vanilla and sugar. Heat in the microwave on full power for 1 minute and 30 seconds. Stir in nutmeg
4. and serve hot.