

# A Recipe for Milk

## MILK!

### 1. Combine:

- 35 pounds of hay (dried alfalfa and grass)
- 20 pounds of silage (a rich, moist animal feed)
- 15 pounds of grain (seeds and kernels such as oats and corn)

### 2. Add approximately 25 gallons of water

### 3. Blend inside of one cow (leave inside cow overnight)

### 4. Yield: 5.4 gallons of raw milk.

**Directions:** Send the raw milk to the dairy processor plant to be pasteurized. Pasteurization is a process that ensures that milk products are safe to eat or drink. At the dairy processor plant, the pasteurized milk is turned into your favorite 3-A-Day of Dairy products--like milk, cheese and yogurt.



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