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I hate milk – all types of milk

Saturday, November 24, 2012

I hate whole, 2%, 1%, skim, almond milk, soy milk – all of them. I hate how they taste, how they feel in my mouth and going down my throat. I hate how it feels when it lands in my stomach. Because the “hate” ends at that point in my body, I don’t think I qualify as lactose intolerant. I’m just personally intolerant of milk. The only milk I remember ever enjoying was in the glasses into which I was dipping oreo or chocolate chip cookies.

I need calcium, of course. Fortunately, I like yogurt, even Greek yogurt. Not a fan of extra hormones, so I buy organic exclusively. All types of cheese are a staple too, although I haven’t been able to find an organic brand around here.

Healthy eating is a lifestyle, but I’m so happy there are many ways to accomplish this. I don’t have to feel deprived. I don’t have to force myself into a narrow diet. I have choices. Healthy choices tailored to individual preferences lead to a happy life.

My problem is that I also hate waste. I need to buy milk for certain recipes, like my baked omelet that DH & I eat every day, or my broccoli/corn casserole. Then what do with the rest? (DH isn’t a milk drinker either). I usually use about a quart before it spoils. I buy the half gallon container since the quart size costs almost as much. I like the best value and I don’t want to run out. Our grocery store is 7 miles away – the down side of country living.

Rural wisdom has provided an answer. I learned that a concoction of egg and spoiled milk poured around plants will keep the deer from eating them. I hope the smell won’t keep human visitors away from my house as well.

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TINAJANE76

Make pudding! You need to use quite a bit for a batch and it's so much tastier than milk on its own.



3123 days ago



**POINDEXTRA**

I learned from my dad that milk can be frozen! So, you can buy that half gallon, and pour off half into another container and freeze it. The only drawback to this is that if it's not skim milk, it needs to be completely defrosted so the fat can be redistributed back into the entire volume. With skim, I just pop the jug in the fridge to defrost and use it up as it melts.

3124 days ago

**CELIAMINER**

I've always hated milk, even though I grew up on good, old-fashioned whole milk, which was infinitely better than the watery, blue-liquid stuff out there now. My parents would force me to sit at the table long after everyone had finished until I drank my milk, which, duh, only made me hate it more. I started drinking coffee when I was 6 and I've never liked milk in it, though I will occasionally add half & half or real cream.

3124 days ago

**RUN4FOOD**

Glad I love milk. After a week long camping trip with only rice with mixed vegetables, milk was the only thing I craved. I can drink skim, 1%, 2% and whole and enjoy all of them. I usually drink skim. I haven't done any dunking for a while. Think I may have to try that again.



3124 days ago

**MJZHERE**

Here is the unvarnished truth - I quit drinking milk a loooong time ago because of the calories. If I was going to have the calories, then it was going to be from something I really liked (like ice cream). So I just don't drink it - poor bones. When I was young, they told my mom I don't utilize calcium correctly so I figured what did it matter. Do yogurt now (you could use that extra milk to make your own yogurt which is the kind I like best) and have always loved cheese (course those calories are another matter).

3124 days ago

**CD8467616**

I buy a small size carton of nonfat milk for adding to breakfast cereal. It's tiny. I just looked at it: it's 10.67 fluid ounces. Would that work? No waste.

3124 days ago

**BOILHAM**

Finally! Something on which we disagree! I enjoy milk, though we only use 1%. Especially love it poured over my Cheerios.

Love the frozen milk suggestion.

3124 days ago

Comment edited on: 11/24/2012 10:42:52 AM

**WILSONWR**

What a unique way to use spoiled milk!

3124 days ago

**JANEDOE12345**

You might consider freezing milk in one-cup containers. Then you will have no waste. You can just pull out one of them the night before to defrost and then use in your recipes. Since you are using it to cook with, the taste difference is negligible. The downside is that you might be overrun with deer.

3124 days ago

**NELLJONES**

Can't imagine life without milk. My oldest son is lactose intolerant and has to drink lactose free milk, which he does by the (very expensive) gallon.

3124 days ago

**COCK-ROBIN**

You've done well. Keep it up!

3124 days ago

**SUZYMOBILE**

That concoction should keep ANYTHING away from your plants! Eeew!

3124 days ago

**PICKIE98**

You CAN freeze milk. When we drank more of it, I bought a gallon of 1/2 %, poured half into a Ziploc bag, lay i ton my freezer shelf. When I wanted more milk, I simply thawed the bag, poured into a pitcher. Leave enough air space for expansion.

Pre-Spark, I even froze potato chips when on sale and we were going to need a to for a party or



whatever. The bag was sealed, so no moisture got in, chips stayed fresh and whole.
3124 days ago

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