New Zealand (NZ) accompanying recipe information for the iMAP Milk Ladder

Below are some NZ designed recipes when using the iMAP Milk Ladder. Each recipe has the step indicated. All measurements to be level measures using NZ metric measuring spoons and cups. Measures: Teaspoon (tsp) = 5ml, Tablespoon (Tbsp) = 15mls, 1 metric cup = 250mls



Cookies/Biscuit

Step 1: Cookie or biscuit- sweet, plain (makes 20)

Milk per biscuit: 1ml

Milk protein per biscuit: 40mg

Step	Ingredients	Instructions
1		Preheat oven to 180°C. Grease or line an oven tray with baking paper.
2	1 cup flour OR 1 cup gluten free baking mix* ¼ tsp baking powder - GF* **¾ tsp skim cow's milk powder**	Place the flour, baking powder and skim milk powder into a bowl and mix thoroughly using a fork.
3	¼ cup dairy free spread ¼ cup sugar ¼ teaspoon vanilla essence 2 tablespoons pureed apple or pear	Place the dairy free spread into a medium sized bowl and soften but do not melt. Beat with a wooden spoon until creamy then add sugar and vanilla essence and beat again with the spoon until light and fluffy. Add the apple or pear puree and mix well until combined.
4		Sift the mixed dry ingredients into the creamed spread/sugar mixture and mix until well combined.
5		Using your hands, work the dough into a ball then roll out into a rectangle until about 3mm thick (use lightly floured board or chill dough for 15-20 minutes if it is a bit too soft). The rectangle will measure approximately 25cm x 18 cm. Cut into 20 finger shaped biscuits (each approx. 2.5cm x 9cm) and place on prepared oven tray.
6		Bake for 10 -12 minutes until lightly golden coloured. Remove from oven and allow to cool. The biscuits will become more crisp when they are cold.

*for wheat free biscuits

Step 1: Supermarket products available – The amount of milk protein per biscuit increases as you go down the list.

- Griffins GF Krispie biscuits
- Griffin's Milk Arrowroot biscuit
- Arnotts GF Shortbread Cream biscuits. Divide into three even pieces. Give 1/3 of the biscuit as the starting dose
- Only Organic Banana biscotti
- Arnotts Country Cheese crackers
- Arnotts Cheds crackers

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STEP 2

Muffins - sweet (½ cup of milk)

Step 2: Fruit Muffins with ½ cup milk (makes 10)
Milk per whole muffin: 12.5ml
Milk protein per whole muffin: 410 mg

Step	Ingredients	Instructions
1		Preheat oven to 180-200°C
2	125g or ½ cup dairy free spread	Melt spread
3	2 Tbsp or 30g white sugar 2 cups or 250g white flour OR 2 cups gluten free baking mix* 3 tsp baking powder- GF*	Measure sugar, flour and baking powder into a bowl and mix
4	**125ml or 1/2 cup of standard dark blue top cow's milk** ½ cup mashed banana or stewed fruit 2 eggs or egg replacer	Mix melted spread, milk, egg and mashed banana or other fruit together
5		Add wet mixture into dry mixture, gently mix with a spoon until all mixed together, Add a small amount of water if mixture seems too dry.
6		Divide mixture evenly into muffin pan to make 10 muffins
7		Cook 15-20 minutes until slightly brown, firm to touch
8		Leave to stand in tin for 3-5 min then remove from muffin pan
9		Leave to cool

*to make wheat free muffins

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STEP 2

Muffins - sweet (1 cup of milk)

Step 2: Fruit Muffins with 1 cup milk (makes 10)
Milk per whole muffin: 25ml
Milk protein per whole muffin: 825mg

Step	Ingredients	Instructions
1		Preheat oven to 180-200°C
2	125g or ½ cup dairy free spread	Melt spread
3	2 Tbsp or 30g white sugar 2 cups or 250g white flour OR 2 cups gluten free baking mix* 3 tsp baking powder - GF*	Measure sugar, flour and baking powder into a bowl and mix
4	**250ml or 1 cup of standard dark blue top cow's milk** ½ cup of mashed banana or stewed fruit 2 eggs or egg replacer	Mix melted spread, milk, egg and mashed banana or other fruit together
5		Add wet mixture into dry mixture, gently mix with a spoon until all mixed together
6		Divide mixture evenly into muffin pan, to make 10 muffins
7		Cook 15-20 minutes until slightly brown, firm to touch
8		Leave to stand in tin for 3-5 min then remove from muffin pan
9		Leave to cool

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STEP 2

Muffins- savoury (1 cup of milk)

Step 2: Savoury muffins with 1 cup milk (makes 10)
Milk per portion: 25ml
Milk protein per muffin: 825mg

Step	Ingredients	Instructions
1		Preheat oven to 180°C
2	125g or ½ cup dairy free spread	Melt spread
3	250g or 2 cups white flour OR 2 cups gluten free baking mix* 3 tsp baking powder – GF* 3/4 cup grated dairy free cheese	Measure flour, baking powder and ½ cup of the dairy free grated cheese into a bowl and mix to combine.
4	1/4 small onion, grated **250ml or 1 cup of standard dark blue top cow's milk** 2 eggs or egg replacer	Whisk grated onion, melted spread, milk, egg or egg replacer together until combined.
5		Add wet mixture into dry mixture, gently mix with a large spoon until all mixed together
6		Divide mixture evenly into muffin pan, to make 10 muffins. Sprinkle remaining dairy free cheese over the top
7		Cook 15-20 minutes until slightly brown, firm to touch
8		Leave to stand in tin for 3-5 min then remove from muffin tin
9		Leave to cool

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STEP 3

Pancakes

Step 3: Pancake (makes 6)
Milk per pancake: 42ml
Milk protein per pancake: 1375mg

Step	Ingredients	Instructions
1	1 egg or egg replacer **250ml or 1 cup of cow's milk**	Whisk the egg into the milk
2	125g or 1 cup of white flour or gluten free baking mix* 1 pinch of salt 1 tsp of baking powder – GF*	In a separate container measure the flour, salt and baking powder
3		Gradually add the egg and milk mixture into the flour to make a smooth batter
4		Use a ¼ cup or 60ml to measure out each pancake
5		Over a medium heat, add a little oil into the pan
6		Over a medium heat, cook each pancake until golden brown on each side

*for wheat free pancakes

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