

Milk Ladder Recipes

Step 1:

Baked milk powder- Biscuit (both recipes make 8-10 biscuits)

Sweet biscuit

- 125g plain flour
- 50g cold dairy free spread
- 1 teaspoon skimmed milk powder
- 2 tablespoons grated apple/pear/ mashed banana
- Couple of drops of vanilla essence

- 1.Mix the flour and milk powder
- 2.Rub in the cold dairy free spread
- 3.Mix in the fruit (you may need to add a little bit more if the mixture is too dry) and vanilla essence
- 4.Roll out and cut in to 8-10 biscuits (dough can be easier to handle if chilled for 30 minutes before rolling out)
- 5.Bake in the oven at 180°C or 350°F for 10-15minutes



Savoury Biscuit

- 125g plain flour
- 50g cold dairy free spread
- 1 teaspoon skimmed milk powder
- 40g grated dairy free cheese
- 2 Tablespoons of cold water

- 1.Mix the flour and milk powder
- 2.Rub in the cold dairy free spread
- 3.Mix in the grated DAIRY FREE CHEESE. Add water (you can add a bit more if it is too dry)
- 4.Roll out and cut in to 8-10 biscuits (dough can be easier to handle if chilled for 30 minutes before rolling out)
- 5.Bake in the oven at 180°C or 350°F for 10-15minutes

Step 2:

Baked milk- Muffin (both recipes make 6 muffins)

Sweet Muffin

- 250g Self raising flour
- 250ml whole milk
- 110g grated/mashed fruit: apple/pear/banana
- 50ml sunflower oil
- 25g sugar
- Vanilla essence to taste
- A pinch of salt

1. Mix the flour and salt together
2. Mix oil and milk together then add to the dry ingredients (whisk oil and milk for lighter muffins)
3. Add in chopped fruit and vanilla essence and mix through
4. Divide between 6 muffin cases
5. Bake in the oven at 180°C or 350°F for 15-20 minutes

Other ideas to try:

Try adding 50g fresh or frozen blueberries/raspberries/sultanas. Or add 2 teaspoons dry cocoa powder to dry ingredients for a tasty chocolate muffin

Savoury Muffin

- 250g Self raising flour
- 250ml whole milk
- 60g grated dairy free cheese
- 50ml sunflower oil
- A pinch of salt

1. Mix the flour and salt
2. Mix oil and milk together then add to the dry ingredients (whisk oil and milk for lighter muffins)
3. Add Grated DAIRY FREE CHEESE and mix through
4. Divide between 6 muffin cases
5. Bake in the oven at 180°C or 350°F for 15-20 minutes

Other ideas to try:

Try adding some chopped spinach/grated carrot/sweetcorn kernels.