



Dragons Love

Milk

DAIRY LESSON

Recipes to try at home

CREATE

FOOD, FUN & READING

Cultural Adventure

Strawberry Milk

Serves: 4

Ingredients

- 2 cups milk
- 1 cup frozen strawberries
- Sugar 1-2 TBSP (to taste)

Instructions:

1. Put all ingredients in a blender
2. Blend well
3. Serve immediately.



Milk Pudding

Serves: 20 bite size



Ingredients:

- 2 cups milk
- 1/3 cup cornstarch
- 1/3 cup sugar
- 1 cup shredded coconut (if you blend it into a powder in a blender, it works even better)

Instructions:

1. Add 1 cup of the milk to a non-stick pot and add in sugar. Mix until combined.
2. In a bowl, add in the other 1 cup milk and the cornstarch. Mix until fully combined
3. Heat the pot with sugar and milk on low heat for 3-4 minutes until hot, but not boiling.
4. Pour the cornstarch mixture slowly into the pot while stirring. Keep stirring until it becomes a thick consistency, around 6-8 minutes.
5. Line a cake pan with parchment paper or tinfoil and pour in the mixture. Place in the refrigerator 1-2 hours until fully cooled.
6. Cut into bite sized squares and roll in shredded coconut. Enjoy!

Extension

UtahStateUniversity.



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