



Step 1 on the iMAP Milk Ladder

UK Home Recipe Sheet 1 – Biscuit

Sweet (Plain) Biscuit

Ingredients

- 125g (1 cup) plain wheat flour (can use wheat-free/gluten-free flour)
[Add 1g (¼ tsp) xanthan gum if wheat-free/gluten-free flour is being used]
- 50g (¼ cup) cold, milk free margarine or spread
- 50-75g (¼ - ⅓ cup) pureed/mashed/grated fruit (apple, banana, pear) – this may vary depending on the moisture content of the fruit
- 2g (1tsp) skimmed or non-fat milk powder
- A few drops of alcohol-free vanilla extract or tip of knife of vanilla powder

Method

Pre-heat the oven to 180°C (350 °F)

1. Mix the flour, (plus xanthan gum if using) and milk powder in a bowl
2. Rub in the cold milk-free margarine or spread
3. Add the vanilla extract or powder and mix in the fruit to a suitable consistency (add more if too dry), bringing it together into a flattened ball
4. Wrap dough in cling film and leave to rest in fridge for at least 30 minutes
5. Roll out and cut into 20 small finger sized strips
6. Bake in the oven for 10-15 minutes until golden brown
7. Cool on a wire rack

Savoury Biscuit

Ingredients

- 125g (1 cup) plain wheat flour (can use wheat-free/gluten-free flour)
[Add 1g (¼ tsp) xanthan gum if wheat-free/gluten-free flour is being used]
- 50g (¼ cup) cold, milk free margarine or spread
- 40g (½ cup) grated dairy free cheese
- 2g (1tsp) skimmed or non-fat milk powder
- 10ml (2tbsp) water

Method

Pre-heat the oven to 180°C (350 °F)

1. Mix the flour (plus xanthan gum if using) and milk powder together in a bowl
2. Rub in the cold milk-free margarine or spread
3. Mix in the grated dairy free cheese, add water (use a bit more if dry) and bring together to form a flattened ball
4. Wrap dough in cling film and leave to rest in fridge for at least 30 minutes
5. Roll out and cut into 20 small finger sized strips
6. Bake in the oven for 10-15 minutes until golden brown
7. Cool on a wire rack

Step 1 Notes

- 1 biscuit provides 0.035g of milk protein
- Start with 1 biscuit, increase to 2 and then 3 biscuits before moving on to the next Step of the Milk Ladder

[Your healthcare professional will guide you on the length of time you should stay on each stage of Step 1 (biscuits) before moving to the next Step of the Milk Ladder]



Step 2 on the iMAP Milk Ladder

UK Home Recipe Sheet 2 - Muffin

Sweet (Plain) Muffin

Ingredients

- 250g (2 cups) plain wheat flour (can use wheat-free/gluten-free flour)
 [Add 3g (½ tsp) xanthan gum if wheat-free/gluten-free flour is being used]
- 10g (2½ tsp) baking powder (check it is wheat/gluten-free if necessary)
- 25g (2 level tbsp) sugar
- A pinch of salt
- 50 ml (¼ cup) sunflower or canola oil
- 250 ml (1 cup) milk
- 110g (½ cup + 1 tbsp) finely chopped/mashed/grated fruit (apple, banana, pear)
- A few drops of alcohol-free vanilla extract or tip of knife of vanilla powder

Method

Pre-heat the oven to 180°C - 200°C (350 °F - 400 °F)

1. Mix the flour, (plus xanthan gum if using), baking powder, sugar and salt in a bowl
2. Whisk the milk and oil together before adding to the dry ingredients
3. Add the chopped/grated/mashed fruit and vanilla essence and mix well
4. Divide the mixture into 6 muffin cases
5. Bake in the oven for 15-20 minutes
6. Cool on a wire rack

Savoury Muffin

Ingredients

- 250g (2 cups) plain wheat flour (can use wheat-free/gluten-free flour)
[Add 3g (½ tsp) xanthan gum if wheat-free/gluten-free flour is being used]
- 10g (2½ tsp) baking powder (check it is wheat/gluten-free if necessary)
- A pinch of salt
- 50 ml (¼ cup) sunflower or canola oil
- 250 ml (1 cup) milk
- 60g (½ cup) grated dairy free cheese
- A handful of chopped spinach, grated carrot or courgette (optional)

Method

Pre-heat the oven to 180°C - 200°C (350 °F - 400 °F)

1. Mix the flour, (plus xanthan gum if using), baking powder and salt in a bowl
2. Whisk the milk and oil together before adding to the dry ingredients
3. Add the dairy free cheese (and spinach, carrot or courgette if using) and mix well. Add a little water if needed.
4. Divide the mixture into 6 muffin cases
5. Bake in the oven for 15-20 minutes
6. Cool on a wire rack

Step 2 Notes

- 1 muffin provides 0.875g of milk protein
- Start with ½ muffin, increase to 1 muffin before moving on to the next Step of the Milk Ladder

[Your healthcare professional will guide you on the length of time you should stay on each stage of Step 2 (muffin), before moving to the next Step of the Milk Ladder]

Step 3 on the iMAP Milk Ladder

UK Home Recipe Sheet 3 – Pancake

Ingredients

- 125g (1 cup) plain wheat flour (can use wheat-free/gluten-free flour)
- 10g (2½ tsp) baking powder (check it is wheat/gluten-free if necessary)
 - A pinch of salt
- 30 ml (2 tbsp) sunflower or canola oil
- 250 ml (1 cup) milk
- 50 ml (¼ cup) water

Oil to fry

Method

1. Add all the dry ingredients into a mixing bowl
2. Whisk the oil, milk and water together, before adding to the dry ingredients
3. Whisk thoroughly together to make a smooth batter
4. Heat the oil in a frying pan until smoking, then pour in some batter to coat the bottom of the pan
5. Once golden, flip the pancake and cook the other side
6. Serve immediately or keep warm by piling on top of each other between sheets of baking parchment

Step 3 Notes

- 1 pancake provides 1.47g of milk protein
- Start with ½ pancake; increase to 1 pancake before moving on to the next Step of the Milk Ladder

[Your healthcare professional will guide you on the length of time you should stay on each stage of Step 3 (pancake), before moving to the next Step of the Milk Ladder]

See the **iMAP Milk Ladder** for information on the remaining Step



Step 3 on the iMAP Milk Ladder

UK Home Recipe Sheet 3 – Pancake

Ingredients

- 125g (1 cup) plain wheat flour (can use wheat-free/gluten-free flour)
- 10g (2½ tsp) baking powder (check it is wheat/gluten-free if necessary)
 - A pinch of salt
- 30 ml (2 tbsp) sunflower or canola oil
- 250 ml (1 cup) milk
- 50 ml (¼ cup) water

Oil to fry

Method

1. Add all the dry ingredients into a mixing bowl
2. Whisk the oil, milk and water together, before adding to the dry ingredients
3. Whisk thoroughly together to make a smooth batter
4. Heat the oil in a frying pan until smoking, then pour in some batter to coat the bottom of the pan
5. Once golden, flip the pancake and cook the other side
6. Serve immediately or keep warm by piling on top of each other between sheets of baking parchment

Step 3 Notes

- 1 pancake provides 1.47g of milk protein
- Start with ½ pancake; increase to 1 pancake before moving on to the next Step of the Milk Ladder

[Your healthcare professional will guide you on the length of time you should stay on each stage of Step 3 (pancake), before moving to the next Step of the Milk Ladder]

See the **iMAP Milk Ladder** for information on the remaining Step