



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]