

Milk Ladder Recipes for Steps 1-3

Adapted from the original recipes from the iMAP milk ladder team.

Contents

Important information about different flours, butter and re-heating	2
Wheat vs wheat-free or gluten-free flour	2
White versus wholemeal wheat flour	2
Butter vs. dairy-free spread	2
Batch cooking	2
Step 1 recipes	3
Ideas for serving semi-sweet and savoury biscuits	3
Savoury biscuits using fresh milk (new recipe)	5
Semi-sweet biscuit using fruit and milk powder (adapted from the original recipe from the MAP/milk ladder team)	7
'Cheesy' savoury biscuit using milk powder adapted from the original recipe from the MAP/milk ladder team)	8
Step 2 recipes	9
Plain, semi-sweet muffin (adapted from the original recipe from the MAP/milk ladder team)	9
Savoury 'cheesy' muffin (adapted from the original recipe from the MAP/milk ladder team)	10
Soda bread rolls/drop scones (new recipe)	11
Step 3 recipes	12
Pancakes (adapted from the original recipe from the MAP/milk ladder team)	12
Oven-baked mashed potato (adapted from the original recipe from the MAP/milk ladder team)	12

Important information about different flours, butter and re-heating

Wheat vs wheat-free or gluten-free flour

When milk is baked with flour, a structure called a 'food matrix' is formed that helps hold the milk protein within the food and can reduce its allergic potential. Different flours bind the milk protein differently. Gluten-containing wheat flour may bind the milk more strongly, which can lower the risk of a reaction compared with gluten-free flour.

- **If your child can eat wheat**, it is generally recommended to use standard wheat flour in the recipes.
- **If your child must avoid wheat or gluten**, be aware that different flours may bind milk differently. It can be helpful to use the same flour for all recipes, or if changing flour, introduce the new food in smaller amounts to start with to check tolerance. (Be aware that flours labelled 'gluten-free' or 'free from' may contain wheat starch that is not recommended for people with wheat allergy - always check the ingredients.)
- **If your child starts to tolerate wheat during milk introduction**, it is possible that they may find milk in wheat-based foods easier to tolerate than wheat-free versions.

White versus wholemeal wheat flour

White wheat flour may hold milk protein slightly more tightly than wholemeal wheat flour (this may not apply to wheat- or gluten-free flours).

It is generally recommended to try the recipes with white wheat flour first, and if these are tolerated, wholemeal versions can then be tried.

Butter vs. dairy-free spread

Either dairy-free spread or regular dairy butter can be used in the recipes. Using dairy butter slightly increases the milk protein content. It can be helpful to **start with dairy-free spread** and only introduce dairy butter once you are comfortable that your child can tolerate a slightly higher amount of milk protein.

Batch cooking

When using batch-cooked biscuits, muffins or pancakes, **do not re-heat the food** as this reduces the amount of milk protein. Defrost frozen items in the fridge overnight without re-heating.

Step 1 recipes

Note: 1 biscuit contains approx. 0.035g milk protein

Tip: If you plan to use **skimmed milk powder** for recipes, but don't use it regularly, see if you can get some from friends or family, or check whether a local refill shop sells it in small amounts.

Ideas for serving semi-sweet and savoury biscuits

- Use them in stead of (or with) crackers or breads sticks for meals or snacks
- Crumble them and use as a crumble topping for sweet and savoury dishes

Breakfast ideas:

- Crumble into cereal or porridge
- Serve alongside yogurt and fruit
- Serve with sandwich toppings for a savoury breakfast

Meal/snack ideas:

- Add slices of cucumber, mashed avocado, and/or dairy-free cheese/crème fraîche
- Add slices of apple or mashed banana and/or smooth nut or seed butter
- Add sandwich fillings such as hummus, dairy-free cheese, nut butters, sandwich meats/fish or pate
- Crumble on top of a pasta dish, sweet potato, roasted vegetables or fish pie (after cooking the dish to avoid baking the biscuit twice, and after serving up for your child)
- Crumble into warm mashed vegetables such as sweet potato
- Serve alongside soup, stews or salads in stead of bread or croutons
- Pair with vegetable sticks such as carrot, cucumber, or celery

Sweeter options:

- Add dairy-free spread and jam/marmalade/chocolate spread (over age 1)
- Crumble onto warm fruit puree for a “cheat’s fruit crumble”
- Crumble onto yogurt or custard
- Soak with a warm milk drink or fruit/vegetable puree
- Crumble into mashed banana or on top of baked apple/pear



“Cheat’s apple crumble”
puree.(Crumbled biscuit on apple puree.)



Biscuit with dairy-free cheese
and cucumber.

Crumbled biscuit on yogurt with fruit



Dairy-free yogurt with crumbled biscuit
and apple slices.



Biscuit with hummus and cucumber.



Diced apple, yogurt and crumbled biscuit
with a sprinkle of cinnamon.

📖Savoury biscuits using fresh milk (new recipe)

Makes 15 biscuits.



Ingredients:

- 50 g dairy-free spread (or butter)
- 110 g plain flour or wheat-free flour (a little extra, if needed)
 - If wheat-free/gluten-free flour is used, add 1g (¼ tsp) xanthan gum unless this is already in the flour mix used
- 1 tbsp (15 ml) fresh milk
- Optional: 1 tsp – 1 tbsp sugar (to make them sweeter, if wished)
- Optional: pinch of salt (for older children, if wished)

Method:

1. Preheat the oven to 160-180 °C fan (the lower temperature may be needed when sugar is added to avoid excess browning).
2. In a small bowl, cream the dairy-free spread with the fresh milk (and sugar, if using) until smooth and evenly mixed. This helps distribute the milk evenly.
3. Gradually mix in the flour (and salt if using) until a soft, non-sticky dough forms. Place onto baking paper and squash the dough between the paper. If the dough sticks to the paper, it is too wet and needs a little more flour. Shape the dough into a ball or sausage, wrap it in the baking paper (or cling film) and chill in the fridge for 30 minutes.
4. To make biscuits, either

- a) roll the dough into a sausage and cut it into 15 equal portions. Roll each into a small ball, then roll them out with a rolling pin OR flatten with the heel of your hand between baking paper to ~2–3 mm thick.
 - b) OR roll the dough out using a rolling pin and cut into 15 small rectangles.
5. Place on a baking tray lined with baking paper with a little space apart.
 6. Bake for 10–15 minutes, or until lightly golden at the edges.
 7. Cool completely on a wire rack before serving. Store in an airtight container for a few days or freeze until needed. Do not re-heat before serving.

Semi-sweet biscuit using fruit and milk powder (adapted from the original recipe from the MAP/milk ladder team)

Makes 20 biscuits.

Ingredients

- 125g (1 cup) plain wheat flour or wheat-free/gluten-free flour
 - If wheat-free/gluten-free flour is used, add 1g (¼ tsp) xanthan gum unless already incorporated
- 50g (¼ cup) cold, dairy-free spread or butter
- 50-75g (¼ - ⅓ cup) pureed/mashed/grated fruit (apple, banana, pear)
 - The amount can be varied depending on the moisture content of the fruit
- 2g (1 tsp) skimmed or non-fat milk powder
- A few drops of alcohol-free vanilla extract or tip of knife of vanilla powder (optional)

Method

1. Pre-heat the oven to 180°C (350°F).
2. Mix the flour, (plus xanthan gum, if using) and milk powder in a bowl.
3. Rub in the cold milk-free margarine or spread.
4. 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.
5. Wrap dough in cling film and leave to rest in fridge for at least 30 minutes.
6. Roll out and cut into 20 small finger sized strips.
7. Bake in the oven for 10-15 minutes until golden brown.
8. Cool on a wire rack.

Can be frozen and defrosted but should not be re-heated.

‘Cheesy’ savoury biscuit using milk powder adapted from the original recipe from the MAP/milk ladder team)

Makes 20 biscuits.

Ingredients

- 125g (1 cup) plain wheat flour or wheat-free/gluten-free flour
 - If wheat-free/gluten-free flour is used, add 1g (¼ tsp) xanthan gum unless already incorporated
- 50g (¼ cup) cold, dairy-free spread or butter
- 40g (⅓ cup) grated dairy-free cheese
- 2g (1 tsp) skimmed or non-fat milk powder
- 10ml (2 tsp) water

Method

1. Pre-heat the oven to 180°C (350°F).
2. Mix the flour, (plus xanthan gum, if using) and milk powder in a bowl.
3. Rub in the cold dairy-free margarine or spread.
4. Mix in the grated dairy-free cheese, add water (use a bit more, if needed) and bring together to form a flattened ball.
5. Wrap dough in cling film and leave to rest in fridge for at least 30 minutes.
6. Roll out and cut into 20 small finger sized strips.
7. Bake in the oven for 10-15 minutes until golden brown.
8. Cool on a wire rack.

Can be frozen and defrosted but should not be re-heated.

Step 2 recipes

Notes:

1 muffin or soda bread roll provides 0.875g of milk protein.

Plain, semi-sweet muffin (adapted from the original recipe from the MAP/milk ladder team)

Makes 10 muffins

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) vegetable 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

Option with egg: add 1 medium egg and reduce oil to 30ml (2 tbsp).

Method

1. Preheat the oven to 180 °C fan (200 °C without fan) / 350–400 °F.
2. In a large bowl, mix together the dry ingredients – the flour, baking powder, sugar, salt (and xanthan gum/vanilla powder, if using).
3. In a separate jug or bowl, whisk the milk and oil together (add the egg and vanilla extract, if using).
4. Pour the wet mixture into the dry ingredients and mix, then stir in the fruit.
5. Divide the mixture evenly between 10 muffin cases.
6. Bake for 15–20 minutes (muffins with egg may take 18–20 minutes). A skewer inserted into the centre should come out clean, when using wheat flour. When using gluten-free flour, the skewer may contain crumbs that are cooked and not wet or glistening.
7. Cool on a wire rack

Savoury 'cheesy' muffin (adapted from the original recipe from the MAP/milk ladder team)

Makes 10 muffins.

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) vegetable oil
- 250 ml (1 cup) milk
- 60g (½ cup) grated dairy free cheese
- A handful of chopped spinach, grated carrot or courgette (optional)

Option with egg: add 1 medium egg and reduce oil to 30ml (2 tbsp).

Method

1. Preheat the oven to 180 °C fan (200 °C without fan) / 350–400 °F.
2. In a large bowl, mix together the dry ingredients – the flour, baking powder, salt (and xanthan gum, if using).
3. In a separate jug or bowl, whisk the milk and oil together (add the egg, if using).
4. Pour the wet mixture into the dry ingredients and mix, then stir in the dairy-free cheese (and vegetables, if using). Add a little water, if necessary.
5. Divide the mixture evenly between 10 muffin cases.
6. Bake for 15–20 minutes (muffins with egg may take 18–20 minutes). A skewer inserted into the centre should come out clean (except melted cheese) when using wheat flour. When using gluten-free flour, the skewer may contain crumbs that are cooked and not wet or glistening.
7. Cool on a wire rack

Soda bread rolls/drop scones (new recipe)

Makes 10 rolls/drop scones



(Photo shows soda bread rolls made with wholemeal flour after white rolls tolerated)

Ingredients

- 250g plain wheat flour or wheat-free
 - Add 3g ($\frac{1}{2}$ tsp) xanthan gum if wheat-free/gluten-free flour is being used
- 250ml milk
- 1 tsp baking soda (approximately 3–4g)
- 1 tbsp apple cider vinegar (approximately 15ml)
- Optional: herbs, pinch of salt or sugar depending on preference

Instructions

9. Preheat the oven to 180 °C fan (200 °C without fan) / 350–400 °F.
10. In a small bowl, combine the milk and apple cider vinegar.
11. In a large bowl, mix the dry ingredients – the flour, baking soda, salt/sugar (if using) and xanthan gum, if using.
12. Add the milk mixture to the dry ingredients and stir gently until combined. Do not overmix.
13. Divide the mixture evenly between 10 muffin cases.
14. Bake for 15–20 minutes until golden and cooked through. A skewer inserted into the centre should come out clean, when using wheat flour. When using gluten-free flour, the skewer may contain crumbs that are cooked and not wet or glistening.
15. Cool slightly before serving. Enjoy warm or at room temperature. Can be frozen and defrosted but should not be re-heated.

Step 3 recipes

Notes: 1 pancake provides 1.47g of milk protein. There is a similar amount of milk protein in 1 portion oven-baked mashed potato

Pancakes (adapted from the original recipe from the MAP/milk ladder team)

Makes 6 thin, crepe-style pancakes

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; omit if egg is being used)
- A pinch of salt
- 30 ml (2 tbsp) vegetable oil
- 250 ml (1 cup) milk
- 50 ml (¼ cup) water (can be adjusted for consistency – the batter should be thin like cream)
- Oil to fry

Option with egg: omit the baking powder, add 1 large egg, and increase the amount of water to approx. 75ml (this can be adjusted to obtain a consistency of single cream).

Method

- Make the batter: In a bowl, whisk the egg with milk, water and oil. Gradually sift in the flour and salt, whisking until completely smooth. The batter should be thin, almost like single cream. If too thick, add a little more water, 1 tbsp at a time.
- Rest the batter (optional but recommended): Let it sit for 20–30 minutes.
- Cook the pancakes. Pancakes without egg tend to need a slightly higher heat than pancakes with egg. For pancakes without egg: Heat the oil in a frying pan until smoking. For pancakes with egg: Heat a non-stick frying pan over medium heat and brush lightly with oil.
 - Pour a small ladle of batter into the pan and tilt/swirl the pan immediately so the batter coats the base in a thin, even layer.
 - Cook 1–2 minutes until edges lift and bottom is lightly golden. Flip carefully and cook the other side (usually much quicker than the first side).
 - Transfer to a plate and repeat, brushing the pan with more oil, as needed.
 - Serve immediately or keep warm by piling on top of each other between sheets of baking paper/parchment.

Oven-baked mashed potato (adapted from the original recipe from the MAP/milk ladder team)

Makes 1 portion

Ingredients (1 serving)

- 1 small potato (approx. 100g), peeled and chopped
- 2.5-3 tbsp (40-45 ml) milk
- A dot (5g) of dairy-free spread or butter

Method:

1. Preheat oven to 180 °C fan (200°C without fan).
2. Boil the peeled and chopped potato until tender (15–20 min).
3. Drain the potato well and mash with the milk and dairy-free spread until smooth.
4. Transfer to an oven-safe dish or tray with baking paper and bake for about 40 minutes, uncovered or partially covered with foil, until slightly golden on top.