



1% Cold Maple Milk

Recipe Project Name/ Written By: Sophie Callahan, Dietetic Intern, University of New Hampshire

Recipe Category (Select all that apply): Breakfast, Lunch, Grab n' Go, Heat & Serve, Quick Scratch

Cooking Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Prep Time: 5 minutes

Cook Time:

Total Time: 5 minutes

K-5 Portion Size: 1 serving (8 fl oz)

6-12 Portion Size: 1 serving (8 fl oz)

Meal Pattern Contribution:

1 serving of dairy per 8 fl oz

INGREDIENTS	16 SERVINGS		32 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
1% Milk	8.3 lbs	1 gallon	16.6 lbs	2 gallons	1. Sanitize work area with sanitation solution.
Grade A Dark Maple Syrup		7 tbsp + 1/8 tsp		7/8 cup + 1/4 tsp	2. Wash hands.
Dark Brown Sugar		1/3 cup		2/3 cup	3. Put on food service gloves.
					4. In a large bowl or pitcher, whisk together the maple syrup and brown sugar until the sugar begins to dissolve.
					5. Measure out the desired amount of milk and gradually pour it into the syrup and sugar mixture, stirring constantly to ensure even mixing and full sugar dissolution.
					6. Stir before serving to redistribute any settled sugar. Pour 8 fl oz (1 cup) per serving.
					7. Store at 41 F or lower.
					8. Discard any unused product.

Cold Maple Milk	
NUTRITION INFORMATION	
Serving Size	1 cup (8 fl oz)
NUTRIENTS	AMOUNT
Calories	148
Total Fat	2.5 g
Saturated Fat	1.5 g
Cholesterol	15 mg
Sodium	125 mg
Total Carbohydrate	23 g
Dietary Fiber	0 g
Total Sugars	22 g
Added Sugars	10 g
Protein	8 g
Vitamin D	2.5 mcg
Calcium	310 mg
Iron	0.1 mg
Potassium	410 mg
N/A=data not available.	

Allergens: Milk

***MARKETING GUIDE**

Food as Purchased for	XX Servings	XX Servings
NA		

NOTES

YIELD/VOLUME

16 Servings	32 Servings