# Slurp It Up Cereal Milk Frosty

By Dylan Sabuco

**Prep Time** 10 / **Cook Time**  / **Serves** 4 - 6

## Fun-Da-Mentals Kitchen Skills

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

## Equipment

☐ Blender (or pitcher + immersion blender)

☐ Liquid measuring cup

## Ingredients

### Slurp It Up Cereal Milk Frosty

☐ 3 C milk **(for DAIRY ALLERGY sub 3 C dairy-free/nut-free milk)**

☐ 1 C ice

☐ Flavor choices (pick 1 to 3 or all):

☐ 1 T ground cinnamon

☐ 1 T pure unsweetened cocoa powder **(Omit for CHOCOLATE ALLERGY)**

☐ 1 T powdered sugar

☐ 1/2 C raisins

☐ 1/2 C banana chips

☐ 1/2 C freeze-dried fruit (strawberries, apples and blueberries are great!)

## Food Allergen Substitutions

Slurp It Up Cereal Milk Frosty

**Dairy**: For 3 C milk, substitute 3 C dairy-free/nut-free milk.
**Chocolate**: Omit optional cocoa powder.

## Instructions

Slurp It Up Cereal Milk Frosty

measure + blend

Measure **3 cups milk**, **1 cup ice**, and your flavoring of choice (see ingredients list) into a blender (or pitcher for use with an immersion blender). Blend until creamy and smooth. Pour, gulp, and slurp! Enjoy!

## Featured Ingredient: Milk!

Hi! I'm Milk!

"I'm that whitish liquid people drink that comes from cows, goats, sheep, buffaloes, camels, yaks, and more. Cows' milk is the most common. Dairy-free plant milk includes almond, coconut, oat, and soy alternatives. You might have sipped me from a glass with a sandwich or cookies, or had me with cereal for breakfast!"

Milk is a filling and nutritious liquid secreted from lactating female mammals, including humans, to feed their babies. Humans early on discovered milk from animals could be a nutritious food to supplement their diets.
At the beginning of the world's agricultural development and the domestication of animals, starting around 9000 BCE in Mesopotamia, humans began consuming the milk of cattle, goats, and sheep.
Drinking other mammals' milk may have been essential (before formula was available) for an infant whose mother did not produce enough milk or when the mother (or another lactating woman) was not available to nurse the child. Drinking dairy milk may also have been necessary for adolescents and adults during times of famine or when water was not safe to drink.
Initially, humans past the age of childhood were not able to digest lactose, the sugar found in milk. Eventually, as more adults drank milk, a tolerance for lactose developed in many people.
Pasteurization, named after its inventor, Louis Pasteur, in 1863, is a method to kill harmful bacteria in milk and other foods.
Homogenization was also invented in the late 1800s, and one of its earliest uses was in milk processing. It causes the fat droplets in milk to emulsify and be evenly distributed throughout the milk, preventing the cream from separating.
In the 19th century, milk production became an industry driven by the advent of railroads for transporting

milk.

Milk was first sold in glass bottles in the 1870s. Milkmen selling and delivering milk would place bottles of milk in insulated boxes on doorsteps or built into houses.

In 1932, plastic-coated paperboard cartons began to be used to hold commercial milk. The plastic coating (food-safe polyethylene) makes the carton waterproof.

Today, some brands of milk are sold in glass bottles, but most are sold in cartons or plastic jugs.

India is the largest producer of milk worldwide, followed by the European Union and the United States.

Cow's milk is available with varying percentages of fat: whole milk (3.25%), reduced-fat milk (2%), low-fat milk (1%), and fat-free, non-fat, or skim milk (0.2%).

Lactose-free milk is available with added lactase enzymes for people with a lactose intolerance.

Dairy-free plant-based milk alternatives are available to people who cannot tolerate dairy milk, need to remove dairy products from their diet for health reasons, or are following a vegan diet. They include almond, cashew, coconut, flax, hemp, macadamia, oat, pea, peanut, pistachio, rice, and soy milk.

Products made with milk and milk alternatives include butter, cheese, cream, ice cream, and yogurt.

Milk or cream is added to coffee or tea to add creaminess and mellow any bitter taste. It is also an ingredient in enriched dough used to make bread, like brioche, challah, cinnamon rolls, milk bread, or sweet buns.

Cold chocolate and strawberry milk are popular flavored milk beverages. Hot cocoa is a favorite beverage with hot milk, chocolate or cocoa powder, and sugar. Milkshakes are made with milk, ice cream, and flavorings like chocolate, strawberry, and vanilla.

Milk is about 80 to 90 percent water. The amount of protein, fat, calcium, and other nutrients depends on the animal, breed, or plant it comes from. Soy milk has the most protein of dairy-free alternatives, followed by pea milk and oat milk.

One cup of cow's milk has approximately 8 grams of protein, 25% of the daily value (DV) of calcium, 15% DV of vitamin D, 30% DV of vitamin B2, 50% DV of vitamin B12, 20% DV of phosphorus, and 10% DV of potassium.

The protein in cow's milk contains all nine of the amino acids, making it a complete, high-quality protein, essential for muscle growth and repair.

The calcium and vitamin D in milk is vital for bone health. Vitamins B2 and B12 contribute to energy production and support metabolic function. Potassium is beneficial to heart health.

At Sticky Fingers Cooking®, we offer dairy-free (and nut-free!) milk alternatives for kids who cannot consume dairy products.