

DAIRY RECIPES

Creamy Rice Pudding

4 cups milk
1/2 cup white rice (uncooked)
1/4 cup sugar
1 tsp vanilla extract
Optional: cinnamon or raisins

In a saucepan, bring milk to a gentle boil. Stir in rice and reduce heat to low. Simmer uncovered for 45–50 minutes, stirring often, until the rice is tender and mixture thickens. Add sugar and vanilla. Stir well and cook 5 more minutes. Serve warm or chilled. Top with cinnamon or raisins if desired.

Milk Pancakes

1 cup flour
1 tbsp sugar
1 tbsp baking powder
1/4 tsp salt
1 cup milk
1 egg
2 tbsp oil or melted butter (not dairy if using oil)

In a bowl, mix flour, sugar, baking powder, and salt. In another bowl, whisk milk, egg, and oil. Combine wet and dry ingredients. Stir just until mixed. Pour batter onto a hot skillet. Cook until bubbles form, flip, and cook until golden.

