

## INTRODUCTION

If you love to cook for yourself, your family or your friends, but you're tripped up by the tricky task of figuring out what might cause dairy discomfort, then you'll love these LACTAID® Recipes. Whether you whip up old favorites, or try something new, the best part is they're all lactose free or lactose reduced, so you're free to enjoy the flavors and nutrition of real dairy without the discomfort.

## EASY ICED LATTE

From the makers of LACTAID®

### Ingredients

- 1/2 cup ground espresso coffee or French roast coffee
- 2 teaspoons finely shredded orange peel (optional)
- 4 cups water
- 1 1/2 cups LACTAID® Reduced Fat Milk
- 3 tablespoons sugar
- Ice cubes
- Orange peel strips (optional)

### Preparation

1. Prepare coffee with shredded orange peel (if desired) and the water in a drip coffee maker or percolator according to manufacturer's directions. Pour coffee into a heatproof pitcher; stir in LACTAID® Reduced Fat Milk and sugar. Chill at least 3 hours before serving.
2. To serve, fill 6 glasses with ice cubes; pour coffee mixture over ice. Garnish with orange peel strips, if desired.

**Servings:** 6

**NOTES:** Serve this refreshing coffee drink after brunch, lunch, or dinner in place of dessert.



### Nutritional Information Per Serving

#### Serving Size: 3/4 cup

Calories	45
Calories from Fat	10
Total Fat	1.5g
Saturated Fat	1g
Cholesterol	5mg
Sodium	40mg
Total Carbohydrate	8g
Dietary Fiber	0g
Sugars	8g
Protein	2g
Calcium	80mg

## AMBROSIA PARFAIT

From the makers of LACTAID®

### Ingredients

- 2 1/2 cups LACTAID® Fat Free Milk
- 1/2 cup sweetened flaked coconut
- 1/4 cup sugar
- 3 tablespoons cornstarch
- 1/4 teaspoon salt
- 1 large egg
- 1 teaspoon vanilla extract
- 1/2 cup diced pineapple
- 1/2 cup sliced banana
- Ground cinnamon to taste

### Preparation

1. Heat LACTAID® Fat Free Milk in a heavy medium-sized saucepan until it starts to boil. Add coconut; remove from heat. Cover and let steep for 20 minutes.
2. Puree LACTAID® Fat Free Milk mixture in blender for 3 minutes.
3. In a small bowl, whisk together the sugar, cornstarch and salt. Pour this mixture into the saucepan and whisk in the LACTAID® Fat Free Milk mixture and egg.
4. Heat over medium heat, stirring constantly, about 5 minutes or until mixture thickens.
5. Pour into mixing bowl, stir in vanilla and let cool completely.
6. Combine pineapple and banana. Evenly divide half of the fruit mixture among 4 glasses. Top with pudding and cover with remaining fruit.
7. Sprinkle with cinnamon and chill for 1 hour.

**Servings:** 4



### Nutritional Information Per Serving

#### Serving Size: 1 cup

Calories	200
Calories from Fat	40
Total Fat	4.5g
Saturated Fat	3g
Cholesterol	55mg
Sodium	250mg
Total Carbohydrate	34g
Dietary Fiber	1g
Sugars	21g
Protein	8g
Calcium	207mg

## BANANA PANCAKES

From the makers of LACTAID®

### Ingredients

- 1 1/2 cups all-purpose flour
- 3 tablespoons sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 5 tablespoons unsalted butter, divided
- 2 large eggs
- 1 1/4 cups LACTAID® Reduced Fat Milk
- 1/2 teaspoon vanilla extract
- 2 cups sliced bananas (1/4-inch thick)
- 6 tablespoons vegetable oil, divided, for cooking\*
- Garnish: maple syrup and chopped pecans\*\*

### Preparation

1. Mix flour, sugar, baking powder, salt and nutmeg together in a large bowl. Melt butter in a small saucepan over medium heat, and set aside.
2. Whisk the eggs lightly in a medium bowl. Add the LACTAID® Reduced Fat Milk, vanilla and 3 tablespoons of the melted butter, whisking until well mixed. Pour the egg mixture into the flour mixture, stirring until the batter is smooth and thick.
3. Heat the remaining 2 tablespoons melted butter in a large frying pan over medium heat. Add the banana slices and cook on both sides until caramelized and golden brown, about 3 to 4 minutes per side. Stir half of the cooked banana slices into the batter. Reserve the remaining banana slices for topping the pancakes.
4. Heat 1 tablespoon of the oil in a large skillet or griddle over medium heat. Measure 1/2 cup batter per pancake and pour onto pan or griddle when oil is hot (the surface will appear to shimmer when the oil is the correct temperature). Cook until bubbles appear around the edges of the pancakes. Flip and cook until brown on the other side. Remove from the pan, setting aside in a warm oven. Carefully wipe out the pan or griddle and add more oil if necessary.



**Servings:** 8 | **Prep Time:** 15 Minutes | **Cook Time:** 20 Minutes

**NOTES:** \*For a healthier option, use cooking spray instead of oil.

\*\* Nutrition information does not include maple syrup and pecans.

### Nutritional Information Per Serving

**Serving Size: 1 pancakes and about 2 tablespoons reserved bananas**

Calories	320	Total Carbohydrate	32g
Calories from Fat	170	Dietary Fiber	1g
Total Fat	20g	Sugars	11g
Saturated Fat	7g	Protein	5g
Cholesterol	75mg	Calcium	93mg
Sodium	320mg		



## BIBB SALAD WITH 'BUTTERMILK' DRESSING

From the makers of LACTAID®

### Ingredients

#### Dressing

- 3/4 cup mayonnaise\*
- 1/3 cup LACTAID® Fat Free Milk
- 1 teaspoon chopped garlic
- 1 teaspoon chopped onion
- 1/4 cup cider vinegar
- 1 teaspoon chopped parsley
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 2 ounces goat cheese\*\*

#### Salad

- 4 heads Bibb lettuce, cored and leaves separated
- 1/2 pound string beans, ends trimmed, and blanched
- 1/2 cup croutons (preferably made from cornbread)
- 1/2 cup chopped cooked bacon
- 1/2 cup roasted beets (see Chef's Note below)
- 1 cup goat cheese\*\*



### Preparation

1. Prepare Dressing. Combine all of the dressing ingredients in a large bowl, mixing until smooth. (The cheese might still be somewhat lumpy, but that is fine). Refrigerate until ready to use.
2. Blanch String Beans. Bring water to a boil, and cook string beans for approximately 2 minutes. Drain and dry with paper towels.
3. Make Salad. Combine the lettuce, string beans, croutons and bacon in a large bowl. Pour about half of the dressing overtop and toss gently to coat.
4. To Serve: Divide the beets evenly and sprinkle with goat cheese.

**Servings:** 12 | **Prep Time:** 30 Minutes

**NOTES:** \*For a healthier version, use light mayonnaise; \*\*Goat cheese may contain lactose. You can still enjoy this recipe by using LACTAID® Fast Act Dietary Supplements.

#### Nutritional Information Per Serving

**Serving Size: about 1/12th of the salad and 2 Tbsp. dressing**

Calories	240	Total Carbohydrate	5g
Calories from Fat	190	Dietary Fiber	1g
Total Fat	21g	Sugars	2g
Saturated Fat	7g	Protein	10g
Cholesterol	30mg	Calcium	72mg
Sodium	460mg		

## CREAMY GARLIC POTATOES

From the makers of LACTAID®

### Ingredients

- 1 3/4 pounds potatoes
- 1 teaspoon salt
- 2/3 cup all-purpose flour
- 3/4 cup canola oil (not consumed)
- 2 cloves garlic, minced
- 2 1/3 cups LACTAID® Reduced Fat Milk
- 2 teaspoons chopped parsley

### Preparation

1. Preheat oven to 350 degrees F.
2. Peel, slice and salt potatoes. Place flour in a large bowl and dredge potatoes in flour.
3. Heat canola oil in a large skillet over medium-high heat. Carefully place potatoes in hot oil. Fry on both sides until golden brown. Place a single layer of fried potatoes in a 9x9 inch baking dish. Sprinkle minced garlic over the potatoes.
4. Layer the remaining potatoes on top of the garlic.
5. Pour LACTAID® Reduced Fat Milk over the potatoes. Bake in preheated oven 35-45 minutes or until lightly browned and bubbling.
6. Sprinkle with parsley just before serving.



**Servings:** 9 | **Prep Time:** 15 Minutes | **Cook Time:** 45 Minutes | **Total Time:** 1 Hour

### Nutritional Information Per Serving

#### Serving Size: about 3/4 cup (6 oz.)

Calories	140
Calories from Fat	25
Total Fat	3g
Saturated Fat	1g
Cholesterol	5mg
Sodium	290mg
Total Carbohydrate	26g
Dietary Fiber	2g
Sugars	5g
Protein	5g
Calcium	91mg