

MILK RECIPES

LEMON ICE CREAM (Courtesy of Dr. Charlene Lind)

6 cups milk
3/4 tsp. salt
1 1/2 cup fresh lemon juice

1 quart + 1 cup cream
4 1/2 cup sugar

Dissolve sugar and salt in milk. Add cream. Add lemon juice gradually while stirring. Freeze in 6 quart freezer.

THREE-FRUIT SHERBET (Courtesy of Tricia Ormsby)

1 medium size ripe banana
1/3 cup (1/2 of a 6 oz. can) frozen orange juice concentrate, slightly thawed
1 lb. can crushed pineapple
1/2 cup nonfat dry milk powder

Combine banana, orange juice, pineapple (with juice) and milk powder in a blender. Blend about 30 seconds at medium speed or until mixture is smooth. Pour into 9x5x3 inch freezer tray. Freeze at least 3 hours, until firm. Makes 8 servings.

PLANTATION MILK SHAKE

2 cups cold milk
1 tbsp. honey (or sugar)
Dash salt

1/4 cup peanut butter
1/4 tsp. vanilla

Combine ingredients in blender and blend until smooth **OR** add milk gradually to rest of ingredients and whip with a rotary beater or electric mixer. Pour into glasses and garnish with a dash of nutmeg. Makes 2 milkshakes.

VANILLA ICE CREAM

1 cup milk
1/2 cup sugar
1 tsp. vanilla

1 cup half & half
1 egg, beaten

Mix ingredients and freeze. Option: use roller can method suggested by Dian Thomas.