

Add Milk to Your Diet With Puddings, Princess Urges

Milk is one of the best foods you can get. It contains many vitamins, minerals, fats, sugars, and high-quality proteins that everyone needs in his daily diet, according to Susan Fry, Maryland's Dairy Princess.

Many people do not get enough milk for their best nutritional health. One reason is that people get tired of drinking milk, so they don't drink nearly as much as they need.

"However, cooked foods and other prepared foods offer many additional ways to get milk into the daily diet," says Susan, who

is a freshman majoring in home economics at the University of Maryland.

Susan recommends puddings as an excellent means of adding that vital milk to your family's daily intake.

Try one of Susan's favorite pudding recipes for young family tonight. You will be serving them a delicious and nutritious dessert.

HONEY BREAD PUDDING

1 1/4 cups bread cubes
1/4 cup liquid honey

2 tablespoons butter or margarine
1/2 teaspoon salt
2 eggs, beaten
1/2 teaspoon vanilla
1 1/2 cup hot milk

Place the bread cubes in a small baking dish. Combine the honey, fat, salt, eggs and vanilla. Slowly stir in the milk. Pour the mixture over the bread. Set the baking dish in a pan of hot water and bake at 350°F. (moderate oven) for 30 to 40 minutes or until pudding is set. Makes 4 servings. (Contains almost 1/2 cup milk per serving).

LEMON SPONGE PUDDING

3/4 cup sugar
1/4 cup flour
1/2 teaspoon salt
1 tablespoon melted butter or margarine
1/4 cup lemon juice
1/2 teaspoon grated lemon rind
2 eggs, separated
1 1/2 cups milk

Mix together sugar and flour. Add salt, fat, lemon juice and lemon rind. Beat egg yolks and add milk. Combine with sugar mixture. Beat egg whites until stiff but not dry, and fold into the mixture. Pour into greased custard cups or baking dish, and set in pan of hot water. Bake at 350°F (moderate oven) for 40 to 45 minutes. Makes 6 servings. (Contains 1/4 cup milk per serving).

ORANGE-COCONUT PUDDING

1 1/2 tablespoons unflavored gelatin
1/4 cup orange juice
2 eggs

2 tablespoons cornstarch
1 cup sugar
2 cups hot milk
1/4 cup cottage cheese
1 tablespoon lemon juice
1/4 teaspoon grated lemon rind
1/4 cup shredded or flaked coconut

Soak gelatin in orange juice. Beat eggs, cornstarch and sugar until well blended. Gradually add hot water to egg mixture. Cook over hot water until thickened. Remove from heat and stir gelatin into hot custard mixture. Cool. Beat cottage cheese, lemon

juice and rind, vanilla and coconut until blended. Stir into custard and mix well. Pour into molds. Chill until firm. May be garnished with orange sections if desired. Makes 6 servings. (Contains 1/4 cup milk per serving).

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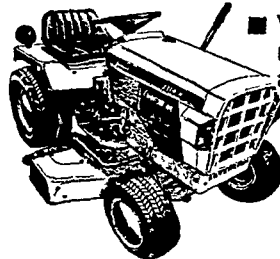
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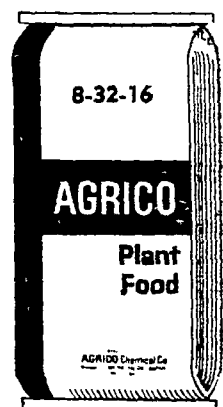
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