

LACTOSE-FREE



Scandi Lactose-Free Apple Raisin Cake (page 16).



Scandi Lactose-Free Banana-Nut Bread

- 2 eggs
- 3 medium well-ripened bananas,
cut into chunks
- 1/4 cup Lactaid Milk
- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 3/4 cup sugar
- 1/2 cup vanilla SCANDISHAKE®
Lactose Free
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/2 cup chopped walnuts or pecans

Blend eggs, bananas, Lactaid Milk, oil and vanilla extract at medium speed until smooth, about 15 seconds. In a large bowl, combine remaining ingredients (except nuts), and stir to mix. Make a well in the center of the dry ingredients and pour in banana mixture. Mix just enough to moisten. Add nuts. Spread batter into a well greased 9 x 5 x 3 - inch pan or three small 5 x 3 x 2 - inch pans. Bake at 350° F about 1 hour for the large loaf or 35-45 minutes for the smaller ones. Yield: sixteen slices.

PER SLICE: CALORIES 180
PROTEIN 3.40G

Scandi Lactose-Free Banana-Apple Bread

- 2/3 cup sugar
- 1/3 cup vegetable oil
- 2 eggs
- 1 1/4 cups mashed bananas
- 1 3/4 cups all-purpose flour
- 1/4 cup vanilla SCANDISHAKE®
Lactose Free
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1 1/4 cups peeled, finely chopped
apple
- 1 1/2 cups Banana Nut Crunch™ cereal

Combine first three ingredients, whisking until well blended. Add mashed bananas, stirring well. Combine flour, SCANDISHAKE®, baking powder, salt, and baking soda. Add flour mixture to banana mixture stirring until all ingredients are well blended. Stir in apples and cereal, mixing well. Pour batter into lightly greased 9 x 5 x 3 - inch loaf pan. Bake at 350° F for 1 hour or until a wooden pick inserted in center of bread comes out clean. Cool in pan on wire rack for 10 minutes. Remove from pan and let cool 15 minutes before cutting. Yield: sixteen slices.

PER SLICE: CALORIES 167
PROTEIN 2.55G

Scandi Lactose-Free Rice Pudding

- 1 1/2 tablespoons granulated sugar
- 1 egg, beaten
- 1/4 cup vanilla SCANDISHAKE®
Lactose Free
- 1 cup Lactaid Milk
- 1/2 cup cooked rice
- 1/2 teaspoon vanilla extract
cinnamon and nutmeg for
garnish

Blend first three ingredients in saucepan until smooth. Add milk slowly, stirring to mix well. Add rice. Cook over medium heat, stirring constantly until mixture is thickened and comes to a boil. Remove from heat, add vanilla extract, and cool. Sprinkle with cinnamon and nutmeg if desired. Many prefer rice pudding warm. Try it for a new taste treat. Yield: two servings.

PER SERVING: CALORIES 222
PROTEIN 6.45G

Scandi Lactose-Free Apple Raisin Cake

- 1 3/4 cups coarsely chopped apples, or
drained canned pie apples,
chopped
- 3/4 cup brown sugar, packed
- 1/2 cup vegetable oil
- 1 egg, beaten
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups flour
- 1 teaspoon cinnamon
- 1/2 cup raisins, soaked in warm
water until plump, then drained
- 1/2 cup chopped nuts
- 1/2 cup vanilla SCANDISHAKE®
Lactose Free

Measure apples and brown sugar into bowl. Add oil and eggs. Add dry ingredients and mix well. This dough will be stiff. Add raisins and nuts. Stir to blend. Spread in 8 x 8-inch square pan. Bake at 350° F for 40 minutes or until top springs back when touched. May be frozen. Yield: twelve slices.

PER SLICE: CALORIES 261
PROTEIN 3.40G