



Healthdor

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Kid's Milk

Kid's Milk is a nutritious and delicious beverage specially formulated for children. It is packed with essential vitamins and minerals to support their growth and development. This milk is not vegan or vegetarian.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 ml	milk
30 g	Sugar
5 ml	Vanilla Extract
20 ml	strawberry syrup

Directions

Step 1

Blending

In a blender, combine milk, sugar, and vanilla extract.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blending

Blend until sugar is dissolved and mixture is well combined.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Pour the mixture into serving glasses.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Drizzle strawberry syrup on top of each glass.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 8 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	15 mcg	100%	100%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	30 mg	3%	3%
Iron	0 mg	0%	0%
Potassium	250 mg	7.35%	9.62%
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Fruitarian Diet

Course

Appetizers

Drinks

Breads

Snacks

Cultural

Chinese New Year

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Meal Type

Brunch

Snack

Supper

Difficulty Level

Easy

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