



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

<b>1000 ml</b>	milk
<b>30 g</b>	Sugar
<b>5 ml</b>	Vanilla Extract
<b>20 ml</b>	strawberry syrup

# Directions

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## Step 1

Blending

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Blending

Blend until sugar is dissolved and mixture is well combined.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

Pour the mixture into serving glasses.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## 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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