



16 best
chocolate
milk
recipes



Hello —

Sixteen flavorful new ways in which to use dairy chocolate milk (or drink) in your cooking and baking are included in this recipe booklet. They range from spicy hot chocolate to cookies, pies, puddings and cakes.

Try them and you'll discover how easy it is to prepare the family's favorite chocolate dishes with chocolate milk (or drink). Dairy chocolate milk is an ideal milk food with chocolate and sugar added. It's good for children and adults.

For your convenience, the recipe cards are perforated for easy removal from the booklet and may be filed in the recipe box.

Beatrice Cooke

Beatrice Cooke



Beatrice Cooke's
FAVORITE RECIPE



PARTY HOT CHOCOLATE

- 1 quart Meadow Gold Chocolate Milk (or Drink)
- $\frac{1}{4}$ cup creamy peanut butter
- $\frac{1}{2}$ pint Meadow Gold Vanilla Ice Cream

Combine ingredients in a buttered saucepan. Beat until well mixed. Heat until hot over low heat, or in top of double boiler over hot water. Just before serving, beat until smooth and foamy. Top each serving with a marshmallow and a few salted peanuts pressed into it.

Makes 6-8 servings

Beatrice Cooke's **FAVORITE RECIPE**



HOT MOCHA DRINK

- 1 quart Meadow Gold Chocolate Milk (or Drink)
- 1 tablespoon instant coffee powder
- ¼ cup caramel ice cream topping
- 1 teaspoon cinnamon
- Whipped cream

Combine ingredients in a buttered saucepan. Beat until well mixed. Heat until hot over low heat, or in top of double boiler over hot water. Just before serving, beat until smooth and foamy. Top each serving with a spoonful of whipped cream.

Makes 4 servings



Beatrice Cooke's
FAVORITE RECIPE



CHOCOLATE BANANA FLOAT

- 2 pints Meadow Gold Vanilla Ice Cream
- 2 medium bananas, sliced
- 1 quart Meadow Gold Chocolate Milk (or Drink)
- 2 cups chilled ginger ale

Put a scoop of ice cream in each chilled glass. Combine bananas and chocolate milk; beat until well blended. Pour over ice cream in glasses. Add ginger ale. Add another scoop of ice cream to each glass. Top with a slice of banana.

Makes 6-8 servings

Beatrice Cooke's **FAVORITE RECIPE**



CHOCOLATE COLA COOLER

- 1 pint Meadow Gold Chocolate Ice Cream
- 1 quart Meadow Gold Chocolate Milk (or Drink)
- 1 12-ounce bottle chilled cola beverage

Put a scoop of ice cream in each chilled glass. Pour in chocolate milk. Finish filling glasses with cola beverage. Stir well.

Makes 4-6 servings



Beatrice Cooke's FAVORITE RECIPE



FROSTED NOUGAT BARS

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|--|---|
| 1 $\frac{1}{4}$ cups sifted flour | 1 $\frac{1}{2}$ cup semi-sweet chocolate pieces |
| 1 teaspoon baking powder | 2 Meadow Gold Eggs |
| 1 $\frac{1}{2}$ teaspoon salt | 1 cup Meadow Gold Chocolate Milk (or Drink) |
| 1 $\frac{1}{4}$ cups chopped raisins | 1 $\frac{1}{2}$ cup moist flaked coconut |
| 1 $\frac{1}{2}$ cup light brown sugar, firmly packed | |
| 3 tablespoons water | |
| 1 $\frac{1}{2}$ cup Meadow Gold Butter | 1 $\frac{1}{2}$ cup chopped walnuts |

Sift flour with baking powder and salt. Combine raisins, brown sugar, water and butter in saucepan. Cook over low heat, stirring constantly, until raisins soften. Remove from heat. Stir in chocolate pieces. Cool slightly. Beat in eggs one at a time. Add dry ingredients alternately with chocolate milk. Stir in coconut and walnuts. Pour into a greased 13 x 9 x 2-inch pan. Bake at 350° for 30 minutes. Cool. Frost with CONFECTIONERS' SUGAR ICING. Decorate with coarsely broken walnuts. Cut into bars.

Makes 3 dozen bars

Confectioners' Sugar Icing

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| 2 tablespoons Meadow Gold Butter | 1 $\frac{1}{2}$ cups sifted confectioners' sugar |
| 2 tablespoons Meadow Gold Cream | 1 teaspoon vanilla |

Combine butter and cream; heat until butter melts. Stir into confectioners' sugar. Add vanilla. Beat until right spreading consistency.

Beatrice Cooke's FAVORITE RECIPE



CHOCOLATE SANDWICH COOKIES

4 Meadow Gold Eggs
1/2 teaspoon salt
1 cup sugar

1 1/3 cups sifted flour
1 teaspoon vanilla

Add salt to eggs; beat until foamy. Gradually add sugar a tablespoon at a time, beating until thick. Blend in flour and vanilla. Drop by tablespoonfuls onto a well greased cookie sheet. Bake at 375° for 5-7 minutes, or until lightly browned around edges. Remove cookies immediately from cookie sheet. Put 2 cookies together with CHOCOLATE BAR FROSTING, sandwich fashion. Spread tops with frosting. Sprinkle with chopped nuts or flaked coconut.

Chocolate Bar Frosting

1 (4-ounce) bar sweet chocolate, broken
2 1/4 cups sugar
3/4 cup Meadow Gold Chocolate Milk (or Drink)
1/2 cup Meadow Gold Butter

3 tablespoons light corn syrup
1/4 teaspoon salt
1 teaspoon vanilla

Combine all ingredients except vanilla in a buttered saucepan. Cook over low heat, stirring constantly, until chocolate is melted and sugar dissolved. Boil slowly for 12-15 minutes or to soft ball stage (230°). Add vanilla; cool to lukewarm. Beat until creamy and right consistency for spreading.



Beatrice Cooke's **FAVORITE RECIPE**



CHOCOLATE CINNAMON SQUARES

- ½ cup Meadow Gold Butter
- 1 cup sugar
- 2 Meadow Gold Eggs
- 1 teaspoon vanilla
- 1¼ cups Meadow Gold Chocolate Milk (or Drink)
- 2 cups sifted flour
- ¼ cup cocoa
- 1½ teaspoons baking powder
- ¼ teaspoon soda
- 1 teaspoon cinnamon

Cream butter and sugar until light and fluffy. Beat in eggs one at a time. Add vanilla. Blend in chocolate milk alternately with sifted dry ingredients; mix until smooth. Pour batter into a greased 12 x 7½ x 2-inch pan. Bake at 350° for 45 minutes. Cool. Sift confectioners' sugar over top. Cut into squares.

Makes 12 squares

Beatrice Cooke's FAVORITE RECIPE



CHOCOLATE MILK CAKE

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|---|--|
| 1 (1-ounce) square unsweetened chocolate | 2 $\frac{1}{4}$ cups sifted cake flour |
| 1 cup sugar | 2 teaspoons baking powder |
| 1 cup Meadow Gold Chocolate Milk (or Drink) | $\frac{1}{2}$ teaspoon soda |
| $\frac{1}{2}$ cup Meadow Gold Butter | $\frac{1}{2}$ teaspoon salt |
| 3 Meadow Gold Eggs | 1 teaspoon vanilla |

Melt chocolate in saucepan over low heat. Add $\frac{1}{4}$ cup sugar and $\frac{1}{4}$ cup chocolate milk; cook until smooth. Cool. Cream butter and remaining $\frac{3}{4}$ cup sugar until light and fluffy. Beat in eggs one at a time. Add $\frac{1}{3}$ sifted dry ingredients. Stir in chocolate mixture and vanilla. Gradually add remaining dry ingredients alternately with remaining $\frac{3}{4}$ cup chocolate milk. Mix well. Pour batter into 2 greased 8-inch layer cake pans. Bake at 350° for 30 minutes, or until done. Let cool for 10 minutes; turn out on cake racks to cool. Spread DOUBLE CHOCOLATE FILLING between layers. Frost with a chocolate frosting. Makes 2 8-inch layers

Double Chocolate Filling

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|---|--------------------------------------|
| 1 cup Meadow Gold Chocolate Milk (or Drink) | $\frac{1}{2}$ cup Meadow Gold Butter |
| $\frac{1}{4}$ cup flour | 3 cups sifted confectioners' sugar |
| 2 (1-ounce) squares unsweetened chocolate | 2 teaspoons vanilla |

Blend chocolate milk and flour. Add chocolate. Cook over low heat until chocolate melts and mixture is slightly thickened. Stir in butter and confectioners' sugar. Cook for 3 minutes. Remove from heat and stir in vanilla. Chill. Makes about 2 $\frac{1}{4}$ cups



Beatrice Cooke's
FAVORITE RECIPE



CHOCOLATE NUT PUDDING

- 1/2 cup sugar
- 1/2 cup sifted flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 3 Meadow Gold Egg Yolks, well beaten
- 2 cups Meadow Gold Chocolate Milk (or Drink)
- 1 teaspoon vanilla
- 2 tablespoons Meadow Gold Butter, melted
- 1/2 cup finely chopped salted peanuts
- 3 Meadow Gold Egg Whites, stiffly beaten
- 6 tablespoons sugar

Sift together dry ingredients. Combine egg yolks, chocolate milk, vanilla and butter. Add to dry ingredients; stir until smooth. Stir in peanuts. Gradually add 6 tablespoons sugar to stiffly beaten egg whites; beat until egg whites stand in stiff peaks. Fold into chocolate mixture. Pour into a buttered 1 1/2 quart casserole. Set in pan and pour hot water into pan, over 1-inch deep. Bake at 350° for 45 minutes, or until a cake tester or wooden pick inserted near edge comes out clean.

Makes 6-8 servings



Beatrice Cooke's FAVORITE RECIPE



CHOCOLATE BANANA PIE

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|---|---|
| 1/4 cup sugar | 1 teaspoon vanilla |
| 1/3 cup cornstarch | 2-3 bananas, sliced |
| 1/2 teaspoon salt | 1/2 cup moist flaked coconut |
| 2 cups Meadow Gold
Chocolate Milk (or Drink) | 3 Meadow Gold Egg Whites,
stiffly beaten |
| 3 Meadow Gold Egg Yolks,
well beaten | 6 tablespoons sugar |
| 2 tablespoons Meadow Gold Butter | |

Combine sugar, cornstarch and salt. Stir in chocolate milk. Bring to boil over low heat, stirring constantly. Stir half of hot mixture into egg yolks. Add to remaining hot mixture. Bring to boil; cook 1 minute, stirring constantly. Remove from heat; stir in butter and vanilla. Cool. Arrange banana slices on bottom of crust. Sprinkle coconut over slices. Spoon in chocolate filling. Gradually add sugar to egg whites, beating until mixture stands in stiff straight peaks. Spread over filling, sealing edges to crust. Bake at 350° for 12-15 minutes.

Chocolate Petal Crust

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|----------------------|--------------------|--------------------------------|
| 3/4 cup sifted flour | 1/4 teaspoon salt | 1/2 teaspoon vanilla |
| 3 tablespoons sugar | 1/3 cup shortening | 1-1/2-2 tablespoons cold water |
| 2 tablespoons cocoa | | |

Sift dry ingredients. Cut in shortening. Sprinkle vanilla and water over flour mixture, mixing with fork until dough is moistened. Turn out on floured surface; knead about 10 times. Roll out 1/8-inch thick. Cut with 2-inch cookie cutter. Arrange petals on bottom and sides of 9-inch pie pan, overlapping edges 1/4-inch. (Takes about 32 petals). Bake at 400° for 6-8 minutes. Cool.

Beatrice Cooke's **FAVORITE RECIPE**

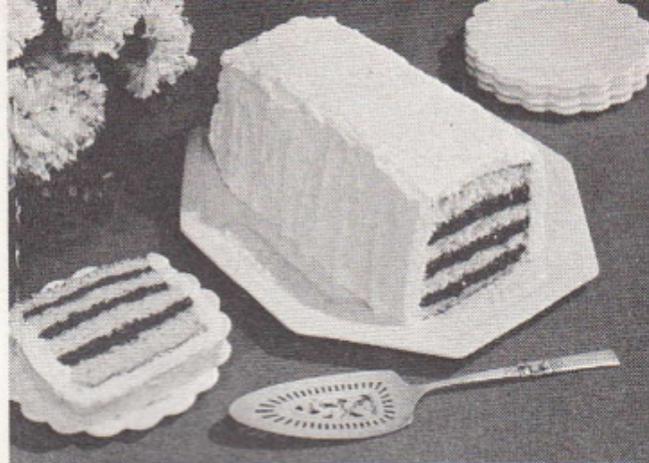


FUDGE CUSTARD PIE

- 1 9-inch unbaked pastry shell
- 1/4 cup Meadow Gold Butter
- 1/2 cup sugar
- 3 Meadow Gold Egg Yolks, slightly beaten
- 1/4 cup flour
- 1/4 cup cocoa
- 1 3/4 cups Meadow Gold Chocolate Milk (or Drink)
- 3 Meadow Gold Egg Whites, stiffly beaten

Cream butter and sugar until light and fluffy. Beat in egg yolks. Combine flour and cocoa; blend into creamed mixture. Stir in chocolate milk. Fold in egg whites. Pour into unbaked shell. Bake at 375° for about 45 minutes.

Makes 6 servings



Beatrice Cooke's FAVORITE RECIPE



MOCHA RIBBON DESSERT

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|------------------------------|---|
| 1/4 cup Meadow Gold Butter | 2 teaspoons baking powder |
| 3/4 cup Meadow Gold Milk | 1/4 teaspoon salt |
| 3 Meadow Gold Eggs, beaten | 1-1/2 teaspoons vanilla |
| 1-1/2 cups sugar | 1 cup Meadow Gold Whipping Cream, whipped and sweetened |
| 1-2/3 cups sifted flour | |
| 2 tablespoons instant coffee | |

Heat butter and milk until butter melts. Cool. Gradually add sugar to eggs, beating until thick and glossy. Fold sifted dry ingredients into egg mixture. Add milk-butter mixture and flavorings. Pour batter into greased 15 1/2 x 10 1/2 x 1-inch jelly roll pan lined with waxed paper and then greased. Bake at 325° for 35 minutes. While hot, loosen sides; turn out onto waxed paper sprinkled with confectioners' sugar. Remove paper from cake. Cool. Cut into 4 strips crosswise. Spread CHOCOLATE CUSTARD FILLING between layers. Chill. Spread whipped cream on sides and top. Slice and serve.

Makes 8-10 servings

Chocolate Custard Filling

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|---|---------------------------------|
| 1 cup Meadow Gold Chocolate Milk (or Drink) | 3 tablespoons cornstarch |
| 1 (1-ounce) square unsweetened chocolate | 2 Meadow Gold Eggs, beaten |
| 2 tablespoons sugar | 1 tablespoon Meadow Gold Butter |
| 1/4 teaspoon salt | 1 teaspoon vanilla |

Heat chocolate milk and chocolate until chocolate melts. Gradually add to mixture of sugar, salt and cornstarch. Bring to boil; cook over low heat, stirring constantly, until mixture thickens. Stir half of hot mixture into eggs. Add to remaining hot mixture. Cook 3 minutes, stirring constantly. Remove from heat; add butter and vanilla. Chill.

Makes 1-1/4 cups

Beatrice Cooke's FAVORITE RECIPE



CHOCOLATE MINT FLUFF

- 1 envelope (1 tablespoon) unflavored gelatin
- 2 cups Meadow Gold Chocolate Milk (or Drink)
- 1 cup miniature marshmallows
- ¼ cup crushed peppermint stick candy
- 1 cup Meadow Gold Whipping Cream, whipped

Soften gelatin in ½ cup chocolate milk in top of double boiler. Add marshmallows and candy. Heat over hot water until marshmallows and candy are melted. Remove from heat. Stir in remaining chocolate milk. Chill until partially thickened. Beat until frothy. Fold in whipped cream. Spoon into COCONUT CRUMB CRUST. Chill until firm. Cut into squares.

Coconut Crumb Crust

- 1½ cups crushed cornflakes
- 6 coconut macaroons, crumbled
- ⅓ cup Meadow Gold Butter, melted

Combine ingredients; press into bottom of a buttered 8-inch square pan. Chill for 1 hour.



Beatrice Cooke's FAVORITE RECIPE



CHOCOLATE MERINGUE TORTE

3 Meadow Gold Egg Whites	1 teaspoon vanilla
Dash of salt	1 cup Meadow Gold Whipping Cream, whipped and sweetened
$\frac{1}{4}$ teaspoon cream of tartar	
$\frac{3}{4}$ cup sugar	

Preheat oven to 450°. Beat egg whites until frothy. Add salt and cream of tartar; beat until egg whites stand in soft peaks. Add sugar, a tablespoon at a time, beating well after each addition. Beat 15 minutes after all sugar is added. Add vanilla. Spread meringue in buttered 9-inch oven glass pie pan. Put in oven; turn off heat immediately. Leave in 4-5 hours or overnight. Do Not Peek! Spoon whipped cream into meringue shell. Spoon in CREAMY CHOCOLATE FILLING. Cover with foil; let stand in refrigerator 8 hours.

Makes 6 servings

Creamy Chocolate Filling

2 cups Meadow Gold Chocolate Milk (or Drink)	3 Meadow Gold Egg Yolks, well beaten
$\frac{1}{4}$ cup flour; $\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup semi-sweet chocolate pieces
$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla

Combine chocolate milk, flour, sugar and salt. Bring to boil over low heat, stirring constantly. Stir half of hot mixture into egg yolks. Add to remaining hot mixture. Bring to a boil; cook 1 minute, stirring constantly. Remove from heat. Add chocolate pieces and vanilla. Chill.

Beatrice Cooke's FAVORITE RECIPE



BANANA COCONUT DESSERT WITH CHOCOLATE SAUCE

1 envelope (1 tablespoon) unflavored gelatin
1/4 cup cold water
1 1/2 cups boiling water
1/4 cup sugar
1/2 teaspoon salt

1 cup cooked rice
2 bananas, mashed
1 cup moist flaked coconut
1 cup Meadow Gold Whipping Cream, whipped

Soften gelatin in cold water for five minutes. Add boiling water, stirring until gelatin is dissolved. Stir in sugar and salt. Chill until slightly thickened. Beat until frothy. Stir in rice, bananas and coconut. Fold in whipped cream. Spoon into 1 1/2 quart mold or individual molds. Chill until firm. Unmold and serve with CHOCOLATE SAUCE.

Chocolate Sauce

2 1/2 cups Meadow Gold Chocolate Milk (or Drink)
1/2 cup cold Meadow Gold Half and Half

1/4 teaspoon vanilla
1 package instant chocolate flavored pudding

Pour chocolate milk and cream into bowl. Add vanilla. Add pudding mix and beat slowly until well mixed, about 1 minute. Do not overbeat; mixture will be thin. Let stand to set. Chill if desired. Just before serving stir until smooth and creamy.

Makes about 3 cups

DAILY FOOD PLAN

1—DAIRY FOOD GROUP—Milk, Cheese, Ice Cream, Butter

- **FAMILY'S DAILY NEEDS:**

- Children—3 to 4 cups
- Teen-agers—4 or more cups
- Adults—2 or more cups

2—MEAT GROUP—Meat, Poultry, Fish, Eggs, Dry Beans and Peas, Nuts

- 2 or more servings daily.

3—VEGETABLE and FRUIT GROUP

- 2 or more servings daily of dark-green and deep-yellow vegetables plus potato.
- 2 or more servings daily of fruit, making one a citrus fruit or tomato.

4—BREAD and CEREAL GROUP—Whole Grain, Enriched Breads, Cooked Cereals, Ready-to-Eat Cereals

- 4 or more servings daily, as 3 slices of bread and 1 serving of cereal.
- Rice, macaroni and spaghetti can be included.

Meadow
Gold[®]



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