



SHAKE MIX BLEND BAKE



with *F&N Magnolia*





TASTY GOODNESS IN EVERY DROP



TASTY GOODNESS IN A BRAND NEW PACKAGE

From F&N Magnolia, the trusted go-to dairy brand across generations.

For more than 85 years, F&N Magnolia has been a staple on breakfast tables in many Singaporean households. In 2023, fans of F&N Magnolia will be treated to a brand-new refreshing look, with splashes of modern elements and eye-catching colours.

Milk is an excellent source of calcium and phosphorus which are essential for strong bones and teeth. Milk naturally contains water, high-quality protein and carbohydrates, making it uniquely suitable as a post-exercise recovery drink for fitness enthusiasts and those who embrace an active lifestyle.

Enjoy milk in different ways by adding it to Latte or to your favourite Breakfast Pancakes recipe. For those who are lactose intolerant, simply replace the milk with **F&N Magnolia Lactose Free Milk**.



AVOCADO MILKSHAKE



F&N Magnolia has been trusted by generations and loved by many for its smooth and creamy milk. It is also a good source of calcium and protein.

Rich in fibre, potassium, and monounsaturated fats, avocado is one of the most nutritious fruits. Blend it with **F&N Magnolia 100% Fresh Milk** or **F&N Magnolia Lactose Free Milk** for a cup of creamy Avocado Smoothie, perfect for breakfast or as a nourishing snack!

Ingredients



350ml of milk from **F&N Magnolia**
½ of an avocado
2 tbsp of honey or maple syrup
1 tsp pure vanilla extract



Instructions

Step 1: Check if the avocado is ripe by squeezing it gently. It should feel soft but not mushy.

Step 2: Slice the avocado and remove its pit. Then, use a spoon to scoop out half an avocado and place it in the blender.

Step 3: Pour milk, honey or maple syrup, and vanilla extract into the blender and blend away!

Step 4: Consume it immediately, or place it in the fridge for 10-15 mins before serving.



Breakfast Pancakes

The highly sought-after **F&N Magnolia Plus Low-Fat High-Cal Milk with Oats** is deliciously creamy, contains oats, made with fresh milk and has 70% less fat and 100% more calcium than regular whole milk. Oats are also packed with many important vitamins, minerals, fibre, and antioxidants.

Kickstart your day with a simple yet wholesome breakfast in a cup, or create new memories with your family by making breakfast fun with an easy pancake recipe!

Ingredients

295ml F&N Magnolia PLUS Low-fat Hi-cal Milk with Oats (room temperature)

25g sugar

$\frac{1}{2}$ tsp salt

1 egg

55g melted butter

195g plain flour

1 tsp baking powder



Instructions

Step 1: Pour 295ml of **F&N Magnolia Plus Low-Fat High-Cal Milk with Oats** into a cup or bowl and bring to room temperature - remove from fridge 10 mins prior to making the batter

Step 2: Prepare dry ingredients. Mix together flour, sugar, baking powder, and the salt in a medium bowl.

Step 3: Whisk milk, egg, and all the melted butter the batter is evenly mixed.

Step 4: Combine dry ingredients and milk mixture, and mix until well combined.



Step 5: Heat a pan over medium heat. Lightly brush pan with melted butter or coat thinly with oil - this is optional if you are using a non-stick pan.

Step 6: Use a ladle or large spoon to spoon batter onto the pan. Gently spread the batter into a 4-inch circle, or a size you desire!

Step 7: When edges look dry, and bubbles start to appear on the top surfaces of the pancake, flip it over. This takes about 2 minutes.

Step 8: Once flipped, cook another 1 to 2 minutes or until lightly browned and cooked in the middle.

Step 9: Serve with warm syrup, butter, or any toppings of your choice!

Japanese Milk Pudding

A delicious, simple and light dessert, fans of all things Japanese will find themselves indulging in the Japanese Milk Pudding. Made with five ingredients, its silky and creamy texture will be a treat for all.



Ingredients & Tools

500 ml F&N Magnolia milk of your choice

50 ml Heavy cream

3 tbsp Granulated sugar

2.5 tsp Gelatin powder (Halal-certified options available)

0.5 tsp Vanilla extract

Small Containers or Bowls

Instructions

Step 1: Mix any variant from **F&N Magnolia**, heavy cream, sugar, and vanilla extract in a saucepan.



Step 2: Sprinkle gelatin powder into the saucepan and stir with a whisk until it is almost dissolved.

Step 3: Put the saucepan over low to medium heat. Stir continuously with a whisk until the gelatin powder and sugar are completely dissolved.



Step 4: After two to three minutes or before the mixture begins to simmer, remove the saucepan from the heat and pour the mixture into small containers or bowls.

Step 5: Use a toothpick to pop any bubbles that may form during the heating process. This will ensure that the pudding is smooth.



Step 6: Place the containers or bowls in the refrigerator to set and chill for at least 4 hours.

Step 7: Serve with your favourite fruits, or enjoy it as it is!

Latte



Latte - milk in Italian by definition, can be enjoyed in different ways. With **F&N Magnolia's** wide range of products, it is time have some fun while concocting your favourite latte at home!

Cafè Latte

Espresso with milk and frothed milk foam



Ingredients & Tools

1 shot of espresso
230mL of milk from the
F&N Magnolia range
Sugar (optional)

Electric milk frother or
whisk

Instructions

Step 1: Pour 1 shot of espresso into a cup.

Step 2 (optional): Stir in sugar to your desired sweetness.

Step 3: Use an electric milk frother to warm the **F&N Magnolia** of your choice. This will create a create a light layer of foam. Alternatively, warm milk in a saucepan low heat and whisk briskly.

Step 4: Then, gently pour the warmed milk into the cup while holding back the milk foam with a spoon.

Step 5: Top it with the thin layer of milk foam and enjoy!

Dirty Matcha Latte

Espresso with matcha, milk and frothed milk foam

Ingredients & Tools

2 tsps of matcha powder

100ml of hot water

Sugar (optional)

50ml of milk from the **F&N Magnolia** range

1 shot of espresso

Electric milk frother or whisk

Bamboo whisk

Sieve



Instructions

Step 1: Sift matcha powder into a cup and pour in hot water..

Step 2: Use the bamboo whisk and whisk the drink with a M-shaped motion until a layer of froth forms.

Step 3 (optional): Stir in sugar to desired sweetness.

Step 4: Use an electric milk frother to warm the **F&N Magnolia** of your choice. This will create a light layer of foam. Alternatively, warm milk in a saucepan low heat and whisk briskly.

Step 5: Pour warm milk into the matcha drink while holding back the milk foam with a spoon.

Step 6: Gently pour in 1 shot of espresso on top of the milk.

Step 7: Top it off with a layer of light milk foam. Enjoy!



Creamy Chicken Mushroom Pasta

A quick and delicious dinner idea that is easy to prepare for families, couples for gatherings with friends. For those who are lactose intolerant, indulge in this dish by using **F&N Magnolia 100% Fresh Milk** or **F&N Magnolia Lactose Free Milk**.

Ingredients

Recipe serves 4

PASTA

240g penne pasta

1 tbsp olive oil

500g skinless, boneless chicken thighs,
or breasts - cut into cubes

2 tbsp unsalted butter

1.5 yellow onions, chopped

40g shiitake mushrooms, sliced

SAUCE

40g unsalted butter

15g all-purpose / plain flour

400ml F&N Magnolia

3 cloves crushed garlic

salt and ground black pepper to taste

GARNISH

Small bunch of parsley



Instructions

Step 1: Bring a large pot of lightly salted water to a boil. Cook penne until al dante.

Step 2: In a large pan, heat olive oil over medium heat and cook cubed chicken - this takes about 5 to 8 minutes. Transfer cooked chicken into a bowl.

Step 3: In the same pan, melt 2 tablespoons of butter cook chopped yellow onions until it is almost transparent.

Step 4: Then, add sliced mushrooms and cooked chicken cubes into onions and stir until it is completely heated through - this takes about 5 minutes.

Step 5: In a separate pan, melt 40g of unsalted butter follow by adding the flour. Stir the flour until dissolved.

Step 6: After that, slowly whisk milk into flour mixture until it is smooth. Add garlic, salt and pepper and bring to boil on low heat, for about 1 minute.

Step 7: Add the chicken, mushroom and onion mixture, and pasta into the garlic sauce; cook and stir over medium-low heat for 2 - 3 minutes or until heated through.

Step 8: Garnish with parsley and serve!



Find out more about **F&N Magnolia** on www.magnolia.com.sg,
@fnnmagnolia on Instagram, and 'F&N Magnolia' on Facebook.

F&N Magnolia products can also be purchased on **F&N Life**
<https://sg.fnlife.com>

This Recipe Book is put together on behalf of F&N Magnolia.