

MILK MIXING GUIDE!



Choosing The Best Milk or Plant-Based Milk Alternative For Your Simply Desserts Puddings

The milk you choose can change the taste, texture and color of your pudding – this guide will help you choose the best milk for a delicious pudding and your dietary requirements! For optimal results use any milk/milk alternative with a fat content of 2.5g or higher.

YOUR GUIDE BAR:

	WHOLE MILK	SOY MILK	ALMOND MILK	OAT MILK	COCONUT MILK

MIXING AGENT	KETO	AMOUNT	VANILLA	CHOCOLATE	STRAWBERRY	BANANA	BUTTERSCOTCH
PLANT-BASED MILKS	Soy Milk Original	●	1 3/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Soy Milk Unsweetened	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Oat Milk Extra Cream	●	1 3/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Oat Milk Original	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Oat Milk Vanilla Original	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Oat Milk Unsweetened	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Oat Milk Vanilla Unsweetened	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Oat Milk Low Fat	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Flax Milk Unsweetened	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Flax Milk Vanilla Unsweetened	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Oat Coconut Whole Fat Milk	●	1 1/2 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Oat Coconut 2% Reduced Fat Milk	●	1 1/2 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Coconut Milk Original	●	1 1/2 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Coconut Milk Unsweetened	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Coconut Lite Milk Can (13.5 Fl oz)	●	1 Can	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Almond Milk Original	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Almond Milk Vanilla	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Almond Milk Unsweetened	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Almond Milk Unsweetened Vanilla	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Macadamia Milk	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Macadamia Milk Unsweetened	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Macadamia Milk Vanilla Unsweetened	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Ripple Pea Protein Milk	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
Hemp Milk Original	●	1 1/2 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	
Hemp Milk Unsweetened	●	1 1/2 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	
Rice Milk Original	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	
Rice Milk Unsweetened	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	
Cashew Milk Original	●	1 1/2 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	
Cashew Milk Unsweetened	●	1 1/2 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	
WHOLE	Whole Milk	●	2 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Regular 2% Milk	●	2 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Regular 1% Milk	●	1 1/2 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Fat Free 0% Milk	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
LACTOSE FREE	Lactose Free Whole Milk	●	1 1/2 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Lactose Free Whole Milk Ultra Filtered	●	1 1/2 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Lactose Free 2% Reduced Fat Milk	●	1 1/2 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Lactose Free 1% Fat Free Milk	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Lactose Free Ultra Filtered Non Fat Milk	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●
	Lactose Free Vanilla Ultra Filtered Non Fat Milk	●	1 1/4 cups	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●	● ● ● ● ●

● KETO ● RECOMMENDED ● CHANGES TEXTURE ● CHANGES COLOR ● CHANGES TASTE