

Calcium Rich Corn Chowder

(6 servings of 1 ½ cups each)

- 2 large carrots
- 1 large onion
- 1 potato
- ¼ cup pearl barley
- 1 can (14 oz / 398 ml) creamed corn
- 1 can (385 ml) 2% evaporated milk
- 1 tsp salt
- ¼ tsp pepper

1. Peel and coarsely chop carrots, onion and potatoes. Put in food processor; process until finely chopped.
2. Put carrot mixture and barley in large saucepan; add just enough cold water to cover. Bring to a boil. Reduce heat to medium, cook, covered, for 40 to 45 minutes or until barley is tender.
3. Stir in corn, milk, salt and pepper. Cook over medium-low heat, stirring frequently, until heated through. Taste and adjust seasoning, if necessary.

Provides 190 mg calcium per 1 ½ cup serving

Instead of using evaporated milk you can make your own “enriched” milk. Add 1/3 cup of skim milk powder to 1 cup milk and blend thoroughly using a whisk or blender.

Strawberry-Banana Milk Shake

- (makes 2 cups)
- 1 cup of skim milk
- ½ cup fresh or frozen strawberries
- ½ banana
- 1 tsp sugar (*optional*)

Put all the ingredients into a blender, and blend until smooth

Provides 160 mg of calcium per 1 cup serving

Increasing Dietary Calcium using Evaporated Milk

Since canned evaporated milk has double the calcium of regular milk, its use can increase your calcium intake. Each 125ml (4 ounce) portion provides 150mg calcium.

Suggestions for Use:

- in preparing homemade or canned cream soups
- in preparing hot chocolate