

Bluelady's Recipes

Mother's Milk

1 quart	low-fat or fat-free milk	1/2 cup	sugar or Splenda® equivalent
1-1/2 tbsp	finely crushed star anise or whole anise seed	2 tbsp	corn starch
			Spearmint leaf, if desired

1. Heat milk and crushed star anise to the brink of boiling.
2. Stir in sugar and simmer for 5 minutes. (*If you are using Splenda®, add it right before step 5 for best flavor.)
3. Combine cornstarch with about 2 tablespoons of water, blending with a fork until smooth.

Bluelady's Recipes

4. Stir cornstarch mixture into milk and simmer another 5 minutes, stirring constantly.
5. Strain into individual mugs, add spearmint if you like, and serve immediately.

Star anise may improve milk production in nursing moms, and the warm milk sets the stage for a relaxing night's sleep (or 2 hour nap if you are breast feeding someone with a very small tummy!).