



Dry (Powdered) Milk

Mixing Dry Milk

Dry Milk Powder	+	Water	=	Skim Milk
1/3 cup	+	1 cup	=	1 cup
1 1/3 cups	+	4 cups	=	1 quart

Quick Tips for Using Dry Milk

- **In cooked cereal:** Add 3 tablespoons dry milk powder to each 1/2 cup of dry cereal. Then use the same amount of water or milk called for in the recipe.
- **In coffee or tea:** Substitute dry milk powder for non-dairy creamer for more calcium and lower fat.
- **In soups:** Add 1/2 cup dry milk powder to one can (10 3/4-ounce) of soup plus a can of water.
- **In mashed potatoes:** Add 1 cup dry milk powder for each 4 servings.
- **In baking:** When milk is called for, add dry milk powder to dry ingredients and water to liquid ingredients **or** reconstitute dry milk powder and add to recipe. Increase nutritional value of baked products by mixing 1 tablespoon dry milk powder to dry ingredients. Use dry milk powder in place of some of the sugar in quick bread and cake recipes. For example, 1 cup sugar in a recipe could be changed to 1/2 cup sugar and 1/4 cup dry milk powder.
- **Add to meatballs/meatloaf:** Add 2/3 cup dry milk powder for one pound ground beef.

Mexican Cocoa

Yield: 4 jars

- 1 1/2 cups sugar
- 4 1/2 cups dry milk powder
- 1 cup cocoa powder
- 1/4 teaspoon cinnamon
- 1/2 teaspoon baking soda
- 1/2 cup instant coffee granules
- 4- pint sized glass jars (16 ounces)

1. In a large bowl, mix together all ingredients.
2. Evenly distribute the mix into 4 clean, dry glass jars. Cover jar with tight-fitting lid.

To Use: Measure 3 Tablespoons mix into a mug. Add 1 cup hot water.

No Bake Breakfast Cookies

Yield: 24- 2 1/2 inch cookies • Serving: 2 cookies

- 1/2 cup honey or light corn syrup
- 1/2 cup instant dry nonfat milk
- 1/2 cup raisins or chopped dates (optional)
- 1/2 cup creamy peanut butter
- 2 1/2 cups coarsely crushed flaked cereal

1. Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended.
2. Remove from heat. Stir in dry milk.
3. Fold in cereal and raisins. Drop by heaping Tablespoons onto waxed paper to form mounds.
4. Cool to room temperature. Store in refrigerator.

Cream Soup Mix

Yield: Equivalent of 7 cans of soup • Serving: 1 can

☆Tip

- Use this in place of canned creamed soups for casseroles or as a soup base. It is much lower in fat and salt than canned soups.

2 cups dry milk powder
¾ cup cornstarch
¼ cup instant chicken bouillon
2 Tablespoons dried onion flakes
1 teaspoon dried basil leaves
1 teaspoon dried thyme leaves
½ teaspoon pepper

1. Combine all ingredients. Mix well. Store in an airtight container.

To Cook Condensed Soup:

Yield: 1 serving • Serving: 1½ cups

1. Combine ½ cup dry mix with 1¼ cups COLD water in a saucepan.
2. Cook and stir until thickened.

To Prepare Simple Cream of Vegetable Soups:

Yield: 2 servings

1. Mix condensed soup according to directions above.
2. Add 1 cup of your favorite cooked vegetable (mashed or diced).
3. Add ½ to 1 cup of milk to desired soup consistency. Heat, stirring constantly to keep milk from scorching.

☆Variations

- Broccoli Cheese Soup - Add small pieces of broccoli and grated cheese to soup mix.
- Potato Soup - Add cubed, cooked potato to soup mix. Season with minced onion, if desired.
- To Use In A Casserole - Add prepared soup to casserole as you would for each can of condensed soup.

Orange or Purple Cow

Yield: 3- 8 ounce servings

1- 6 ounce can frozen orange or grape juice
2 cups cold water
⅓ cup nonfat dry milk
1 teaspoon vanilla
1 cup ice (or more)

1. Place all ingredients in blender or food processor.
2. Secure lid and blend until smooth. Serve immediately.

☆Tip: To use regular milk, substitute 1 cup milk and 1 cup water for 2 cups water and ⅓ cup nonfat dry milk.

Hot Cocoa Mix

Yield: about 20 servings

2 cups nonfat dry milk
½ cup powdered non-dairy creamer
¼ cup cocoa
1 cup powdered sugar
Pinch of salt

1. Combine all ingredients in a large bowl.
2. Store in a tightly covered container or jar.

To Use: Measure 4 Tablespoons mix in a mug. Fill with hot water.

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