

Instant Nonfat Dry Milk: Facts You Should Know

Instant nonfat dry milk is made by removing nearly all the fat and water from fresh pasteurized milk. It has multiple uses, requires little storage space, has long shelf life and instant availability. One added advantage—it's inexpensive.

Food Value is the same as fresh skim milk—little or no fat and low in calories (8 ounces of liquid = 80 calories); rich in calcium, riboflavin, and protein, plus a supply of other minerals and vitamins that everyone needs everyday.

Storage: Store in a cool, dry spot and keep tightly covered to keep out any moisture. Shelf life is about six months. When mixed with water, refrigerate and give the same care as fresh milk. Freezing is not recommended.

USE

Instant Nonfat Dry Milk dissolves easily in cool water to make fluid milk. Mix it in whatever amount your family requires. If prepared as needed, it eliminates waste. To mix, follow directions on the package or use five tablespoons of powder to eight ounces of water.

Beverages—refrigerate for at least eight hours. You may mix equal amounts of fresh, whole milk with the chilled liquid nonfat dry milk or serve as a special flavor milk drink.

Coffee Creamer—Dry milk is more nutritious and less expensive than non-dairy creamer. Just stir the powder in your coffee.

Cooking with Nonfat Dry Milk—Combine the dry milk with dry ingredients and add amount of water equal to the milk called for in the recipe, or use the mixed liquid.

Create Your Own Quick Mixes

Basic Sauce Mix

(For quick flavored sauces, casserole and creamed dishes)

1 cup flour	1 tablespoon salt
4 cups nonfat dry milk	1 cup cubed margarine

Mix flour, milk and salt; cut in margarine with pastry blender until mixture is the consistency of coarse corn meal; refrigerate in air-tight container. Yield: 7 cups. For 1 cup sauce: combine 1/4 cup water with 3/4 cup basic mix; stir until smooth; add 1/2 cup water. Cook over medium heat, stirring constantly until thickened.

Hot Cocoa Mix

1 (1-pound) box instant chocolate drink mix*	1/2 cup powdered sugar
1 (11-ounce) jar non-dairy coffee creamer	1 (8-quart size) box nonfat dry milk

Mix all ingredients together. Cover tightly. Store on shelf. For 1 cup fill cup 1/3 to 1/2 full of cocoa mix. Add hot water. *DO NOT USE COCOA.

Pudding/Pie Mix

7 cups nonfat dry milk powder	1 1/2 cups sugar
1 teaspoon salt	1 1/2 cups cornstarch

Mix together. Cover tightly. Store on shelf. For 6-8 servings, combine 1 1/2 cups of mix with 2 1/2 cups water and 1/2 teaspoon of vanilla flavoring. Stir to prevent lumping. Bring to a boil over slow heat. Stir until thick. Other variation—add 1/2 cup chopped nuts or coconut.

