

# Nonfat Dry Milk

## What is Nonfat Dry Milk?

- Nonfat dried milk is made from fresh milk; only the water and fat have been removed.
- It contains all the calcium, vitamin A, vitamin D, and protein as in regular milk.

## Use Nonfat Dry Milk:

- In food and drinks to add calcium!

## Storage is Easy:

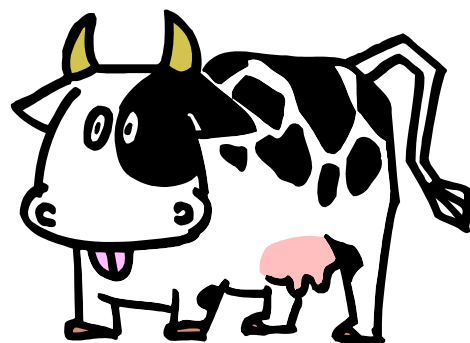
- Keep in a tightly covered container.
- Store at room temperature for months.
- After milk has been mixed with water, store in the fridge just like fresh milk.

## Why Use Nonfat Dry Milk?

We need to eat 2- 3 servings of nonfat or low- fat milk products every day to stay healthy... a good reason to start using nonfat dry milk!

## Some More Good Reasons:

- We tend to have diets that are low in calcium
- It costs less; so it is a good way to save money
- It is convenient and easy to use
- It does not need refrigeration until it is mixed with water; then it is stored like regular milk
- Can be used in recipes instead of regular milk
- You can add it to recipes and drinks to increase the nutrition in your foods; Try these tips to increase Calcium:
  - > Add 1 or 2 extra tablespoons of nonfat milk to your recipes when cooking or to your drinks.
  - > Add  $\frac{1}{2}$  cup nonfat dry milk to each pound of meat when making hamburgers and meat loaf.
  - > Add  $\frac{1}{4}$  cup nonfat dry milk to 1-cup water when making gravies, sauces, and soups.
  - > Add 2 tablespoons of nonfat dry milk to mashed potatoes or casseroles.
  - > Add  $\frac{1}{2}$  cup nonfat dry milk to 1 quart orange juice; mix well and serve over ice.
  - > Use instead of water when making hot cereals such as oatmeal, grits or cream of wheat.
  - > Add to fruit smoothies and ice cream shakes.
- Good to keep in storage in case of an emergency
- Dry milk can be mixed with fluid milk



## Making the Milk...

It is easy to make milk -

- Measure amount of dry milk into a bowl and add about half of the water needed.
- Use a wire whip or beat with mixer on slow speed and add the rest of the water.
- Mix with cold or hot water
- Refrigerate to make ice cold

How Much Milk Do You Want to Make?	Amount Needed of Nonfat Dry Milk	Add this Amount of Water
$\frac{1}{2}$ cup milk	3 Tablespoons	$\frac{1}{2}$ cup
$\frac{3}{4}$ cup milk	4 Tablespoons	$\frac{3}{4}$ cup
1 cup milk	5 Tablespoons	1 cup
1 pint milk	$\frac{2}{3}$ cup	1 $\frac{3}{4}$ cups
1 quart milk	1 $\frac{1}{3}$ cup	3 $\frac{3}{4}$ cup

## Instant Pudding

### Ingredients:

- ✓  $\frac{2}{3}$  cup nonfat dried milk
- ✓ 2 cups water
- ✓ 1 box instant pudding (any flavor)



### Directions:

1. Combine dried milk and water in a bowl and beat with a wire whisk or egg- beater until well mixed.
2. Add pudding mix to milk.
3. Continue beating for 2 minutes.
4. Refrigerate for 5 minutes.

Makes 4 Servings – Enjoy!

Source: United Way NYC