

Dry Milk Recipes

Easy Whipped Milk Topping: Place 1/2 cup of water into large bowl to chill in the freezer. When it has ice crystals around the edges, it is ready. Add 1/2 cup powdered milk to the bowl of ice water. Use electric beaters to whip the milk until stiff peaks form. It will take about 5 full minutes. Gradually add about 2 or 3 tablespoons sugar, and if desired, 1-teaspoon lemon juice, and 1/2-teaspoon vanilla. It is now done. Serve right away for best results. This is good on pie, crisps and cobblers, as well as many other places.

Cultured Buttermilk: You can make your own buttermilk at home, from reconstituted powdered milk. You will need commercial buttermilk as a starter. Mix up a quart of reconstituted milk by combining 3 3/4-cup water with 1 1/3 cups dry milk powder. Add 1/2 cup of fresh buttermilk, purchased from the store. Allow it to sit on the counter overnight. In the morning it will be buttermilk. Really, it's that easy.

Molasses Milk: This hot beverage is high in iron, and tastes like a caramel, taffy milk. Heat 3/4 cup of reconstituted milk in a cup in the microwave. Stir in a spoonful of molasses. Serve. Kids love this stuff.

Orange Julius

Makes three 6-ounce servings

2 cups orange juice
2 tbsp. sugar
1/2 cup powdered milk
1/2 tsp. vanilla
1/2 cup crushed ice

Put all ingredients in blender and blend until ice is totally crushed.

Hot Cocoa Mix:

1 1/2 cups white sugar
1 cup powdered non-dairy creamer
1 cup nonfat dry milk
3/4 cup unsweetened cocoa powder

Combine sugar, creamer, milk, and cocoa powder in a large bowl. Mix well and store in an airtight container until ready to use. To serve, put 3 teaspoons of powder in a mug, fill with hot water, and serve.

Orange Harvest Cooler (Makes 2 servings)

1/3 cup concentrated frozen orange juice
1/3 cup instant dry milk mixed with 1 cup water
4-6 ice cubes, partially crushed
1-2 teaspoons sugar (optional)

Whirl all ingredients in blender. May use 1 banana in place of juice

Strawberry Shake (Makes 2 servings)

1/2 cup sliced strawberries
3/4 cup orange juice
1/4 cup nonfat dry milk
4 ice cubes

Put strawberries in blender and liquefy. Add remaining ingredients and blend until mixture is smooth.

Yogurt-Fruit Smoothie (Makes 2 servings)

1/4 cup yogurt (vanilla, plain or fruit flavored)
1/3 cup dry milk
1/2 banana
3/4 cup orange juice water*
1/2 cup frozen orange juice
*can substitute 1/2 cup water and 4 ice cubes for juice

Bacon Brunch Pie

2/3 cup Nonfat Milk Powder
1 cup water
1/2 cup + 1 tablespoon Bisquick Reduced Fat Baking Mix
1/4 cup (one 2-oz jar) chopped pimento, undrained
2 eggs or equivalent in egg substitute
1/2 cup Bacon Bits
3/4 cup (3-oz) shredded reduced-fat Cheddar cheese
3/4 cup finely chopped onion
1/8 teaspoon black pepper

Preheat oven to 375 degrees. Spray a 9-inch pie plate with butter-flavored cooking spray. In a large bowl, combine dry milk powder and water. Add baking mix, undrained pimento and eggs. Mix well to combine. Stir in bacon bits, cheese, onion and black pepper. Spread batter into prepared pie plate. Bake for 30 to 40 minutes or until a knife inserted near the center comes out clean. Place pie plate on a wire rack and let set for 5 minutes. Cut into 6 servings.

Desserts:

Chocolate Pudding Mix

1 cup dry powdered milk
1/3 cup cornstarch
2/3 cup sugar
1/3 cup unsweetened cocoa
Good dash of salt

Choose either the vanilla recipe or the chocolate recipe. Combine all of the dry ingredients in a small container or plastic sandwich bag. Seal and store in the cupboard until needed. I use plastic sandwich bags closed with a twist-tie. Normally I prepare about 6 or 8 bags worth at a time.

To cook: In a sauce pan, slowly whisk together 3 cups of tap water and the contents of one bag of Pudding Mix. Stir well until the mixture is smooth. Cook and stir the pudding over medium heat until it begins to boil. This will take a few minutes. (pudding will burn if heat above medium) After the pudding boils, count to 60. Remove the pudding from the heat. It may seem thin, but it will thicken as it cools.

If desired you can quickly whisk in an egg now. I almost always do this for the Vanilla Pudding. With the egg though, it rivals some of the better custards I have ever eaten. Usually I crack the egg right into the pan and whisk very quickly until it is incorporated. If you stir too slowly, you will end up with cooked egg, instead of smooth pudding, so be sure to stir quickly. Next mix in 3 tablespoons of margarine and a teaspoon of vanilla. Allow the mixture to cool a little before serving.

Praline Banana Cream Pie

2 cups diced bananas (2 medium)
1 (6-ounce) graham cracker pie crust
1 (4-serving) package sugar-free instant vanilla pudding mix
2/3 cup nonfat dry milk powder
2 Tablespoons Brown Sugar
1 1/4 cups water
1 teaspoon vanilla extract
2 Tablespoons chopped pecans
3/4 cup Cool Whip Lite

Place bananas in pie crust. In a medium bowl, combine dry pudding mix, dry milk powder and Brown Sugar. Add water. Mix well using a wire whisk. Fold in vanilla extract, pecans and 1/4 cup Cool Whip Lite. Spread mixture evenly over bananas. Refrigerate at least 2 hours. Cut into 8 pieces. When serving, top each piece with 1 tablespoon Cool Whip Lite.

NO COOK FUDGE

1/2 c. butter
1/3 c. boiling water
4 1/2 c. powdered sugar
1/2 c. dry milk
1/2 c. cocoa
Dash of salt
1/3 c. nuts

Bring water and butter to a boil. Take off heat. Add powdered sugar, dry milk, cocoa and salt. Press into a buttered pan. Place nuts on top.

Peanut Butter Balls (makes one dozen)

1/4 c. Peanut Butter
1/4 c. Honey
1/2 c. Nonfat dry milk
1/2 c. crushed cereal flakes
Black & Orange candy sprinkles (optional)

1. Mix peanut butter, honey, and nonfat dry milk powder in a bowl.
2. Shape into 1-inch balls then roll in cereal flakes and colored sprinkles
3. Chill for 30 minutes or until firm.

USDA's Collection of Nonfat Dry milk Recipes
<http://www.fns.usda.gov/fdd/recipes/hhp/NFDM-Recipes.pdf>.

DRY MILK RECIPES

Orange Punch

5 cups cold water

12-ounce frozen unsweetened orange juice

1 cup nonfat dry milk

Mix water with milk powder and add frozen juice. Stir well or blend. Chill and serve. Makes 4 servings, about 14 fluid ounces each.

One-Pan Macaroni and Cheese

About 2 cups cooked elbow macaroni (1 cup uncooked)

2/3 cup dry milk

1 cup diced or shredded cheese

1/2 cup water

Drain macaroni and leave in pan. Mix water and dry milk and add to macaroni. Add cheese. Stir over low heat until cheese is melted. Store leftovers in refrigerator. Makes 4 servings, 2/3 cups each.

Instant Pudding

Make milk from dry milk powder according to the directions and use it for making instant pudding. Follow directions on pudding package.

Biscuits

2 cups flour

1 tablespoon baking powder

1 teaspoon salt

1/3 cup dry milk

1/3 cup shortening

3/4 cup water

Mix the first four ingredients thoroughly. Cut in the shortening with a fork until mixture is crumbly. Stir water in gradually to make a dough that is soft but not sticky. Knead gently on a lightly floured board. Roll or pat dough to 1/2- or 3/4-inch thickness. Cut with a small floured glass or into squares. Place on an ungreased baking sheet, 1 inch apart for crusty biscuits or close together for softer ones. Bake at 450 °F (very hot oven) for 12 to 15 minutes or until golden brown. Makes 8 to 12 biscuits.