

Using Nonfat Dry Milk (Powdered Milk)

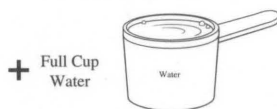
To reconstitute nonfat dry milk powder:

Mix 1/3 cup nonfat dry milk with 1 cup water to get 1 cup skim milk.

1/3 cup Nonfat dry milk +



1 cup Water =



1 cup Skim milk



In recipes, you can use reconstituted nonfat dry milk whenever a recipe calls for milk.

Using Nonfat Dry Milk (Powdered Milk)

Add nonfat dry milk powder to skim or low-fat milk. The milk will be thicker and have more calcium and protein.

More ideas for using nonfat dry milk...

Nonfat dry milk adds calcium and protein to recipes. Add 1 tablespoon of nonfat dry milk powder to the dry ingredients in a recipe when making muffins or quick breads. Add nonfat dry milk to hot cocoa, pudding and cream soups.

Yogurt – using nonfat dry milk

Ingredients

- 1 gallon milk (skim, 1%, 2%, or whole)
- 1 cup nonfat dry milk
- 1 Tbsp. live yogurt culture (use plain yogurt, such as Dannon)

Directions

Heat one gallon of milk (skim, 1%, 2%, or whole) until it begins to boil. As you are heating one gallon of milk, slowly add one cup of nonfat dry milk powder. (Adding nonfat dry milk powder will result in a creamier textured product.) When it begins to boil, remove immediately from the heat source.

Cover heated milk and hold at room temperature until it cools to a tepid temperature (warm to touch).

When it has reached a tepid temperature, add live yogurt culture.

Cover with a lid or cloth and let incubate at room temperature overnight.

After mixture becomes firm, refrigerate.

Eating Right is Basic (Third Edition), 1995. Michigan State University Extension