

POWDER POWER!
IT'S MORE THAN JUST MILK!



Instant Nonfat Dry Milk Powder

TIPS & RECIPES

Instant nonfat dry milk powder is an economical food that can add needed calcium to your family's diet. Give these tips and great-tasting recipes a try!

What is it?

Instant nonfat dry milk powder is made by removing the water from regular pasteurized fat free milk. It dissolves easily in water and can be used just like regular milk for drinking or as an ingredient in recipes.

How should it be stored?

Unopened packages of nonfat dry milk can be stored on the shelf for up to one year. After opening the package, use it within several months for best flavor, but it will remain safe and nutritious for a year. Keep it in its original container in a cool (under 70° F), dry place such as a kitchen cupboard. Once the dry milk is mixed with water, treat it like fresh milk and keep it in the refrigerator for five to seven days.

Is it as nutritious as regular milk?

Yes! Nonfat dry milk is an excellent source of calcium. Calcium is needed by adults, children and teens for strong bones. Dry milk has all the same nutrients as regular fluid milk - calcium, vitamin D, vitamin A, B-vitamins, protein and more - and no fat.

Mixing and measuring nonfat dry milk

Combine water and powder in a jar with a tight-fitting lid and shake it. Or, mix it in a pitcher. Refrigerate it before drinking for better flavor.

1/3 cup instant nonfat dry milk powder + 1 cup water
= about 1 cup nonfat milk

1 1/3 cup instant nonfat dry milk powder + 3 3/4 cups water
= about 1 quart (4 cups) nonfat milk

After mixing the milk, some people prefer to combine it with fresh, fluid milk. Others add a pinch of sugar, a few drops of vanilla extract or chocolate syrup to help family members adjust to the slight difference in flavor.

Nutritious Quick Tips

- In cooked cereal: Add 3 tablespoons of nonfat dry milk powder to each 1/2 cup of dry cereal (such as oatmeal, Cream of Wheat®, Malt O'Meal® or other cereal grain) before you cook it. Use the same amount of water that is called for in the package directions when cooking the cereal.
- In milkshakes: For a thicker and more nutritious milkshake, add 1 or 2 tablespoons of nonfat dry milk powder.
- In coffee or tea: Substitute nonfat dry milk powder for non-dairy creamer for more calcium and no fat.
- In soups: Add 1/2 cup nonfat dry milk powder to one can (10 3/4-ounce) of soup plus a can of water.
- In mashed potatoes: Add cup of nonfat dry milk powder for each 4 servings.

Recipes

Apricot Cooler

1/3 cup instant nonfat dry milk powder

1/2 cup canned apricots, chilled and drained

1 cup cold water

Put ingredients in blender or food processor and blend until smooth.

Orange Cow

1/3 cup instant nonfat dry milk powder

3 tablespoons frozen orange juice concentrate

1 cup cold water

Put ingredients in jar with tight-fitting lid and shake.

For a purple cow: Substitute grape juice concentrate for the orange juice.

Yogurt-Fruit Smoothie

1/4 cup strawberry or strawberry-banana yogurt

1/3 cup instant nonfat dry milk powder

1/2 banana

3/4 cup orange juice

1/2 cup strawberries (optional)

Put ingredients in blender or food processor and blend until smooth.



Hot Chocolate Mix

2 cups instant nonfat dry milk powder
 1/3 cup cocoa
 2/3 cup sugar
 dash salt



Combine dry milk, cocoa, sugar and salt; store in airtight container, jar or coffee can. To use: put 1/4 cup mix in cup. Gradually stir 6 oz. (3/4 cup) hot (not boiling) water into mix.

Rice-Cheese Casserole*

2 eggs, slightly beaten
 3 tablespoons butter or margarine, melted
 2 cups water
 2 cups cooked rice
 1 cup soft bread crumbs (about 1 1/2 slices bread)
 1 cup instant nonfat dry milk powder
 1 cup shredded American or cheddar cheese
 1 tablespoon finely chopped onion
 1/2 teaspoon salt (optional)

Preheat oven to 325°F. Grease a 2-quart casserole dish or 8x8-inch pan. In large bowl, stir together all ingredients; transfer to prepared pan. Bake for 40-50 minutes until center is set and top turns golden brown.

Salmon Loaf*

1 egg, slightly beaten
 2/3 cup instant nonfat dry milk powder
 1 tablespoon finely chopped onion
 1/4 teaspoon salt
 dash pepper
 4 medium slices bread, torn into small pieces
 1 16-ounce can salmon

Preheat oven to 350°F. Grease a 9x5x3-inch loaf pan. In large bowl, combine egg, dry milk, onion, salt, pepper and bread. Drain salmon, saving 1/4 cup liquid. Mash salmon and soft bones and add to bread mixture along with reserved liquid. Stir until combined and bread has absorbed liquid. Pat evenly into prepared pan. Bake for 25-30 minutes.

Meat Balls (or Meat Loaf)*

1/3 cup water
 2 slices bread, torn into small pieces
 2/3 cup instant nonfat dry milk powder
 2 tablespoons chopped onion
 1 egg
 1/2 teaspoon salt (optional)
 1 pound lean ground beef

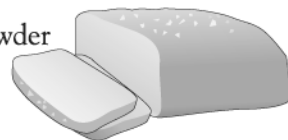
(Meat Balls (or Meat Loaf) continued...)

Preheat oven 350°F. Pour water over bread; stir in dry milk, onion, egg and salt. Add ground beef and blend. Shape meat mixture into 1-inch balls, place on greased, rimmed baking sheet or shallow pan; bake for 30 minutes. If desired, freeze cooked meatballs in self-sealing bag for up to 3 months. Reheat in spaghetti sauce and serve over noodles or in hot dog buns or hoagie rolls. Makes approximately 20 meatballs.

For meatloaf: Pat meat mixture in a 9x5x3-inch loaf pan and bake at 350° for about 50 minutes or until brown throughout. Cool 10 minutes before slicing.

Banana Bread**

2 cups all-purpose flour
 2/3 cup instant nonfat dry milk powder
 2 teaspoons baking powder
 1/2 teaspoon cinnamon
 2 eggs
 2 cups mashed ripe bananas (about 4 medium)
 1 cup sugar
 1/2 cup vegetable oil
 1 cup chopped walnuts (optional)



Preheat oven to 350°F. Grease two 9x5x3-inch loaf pans. In medium bowl, stir together flour, dry milk, baking powder and cinnamon. In large bowl, beat eggs, bananas, sugar and vegetable oil. Gradually add flour mixture; stir in nuts. Spoon into prepared pan. Bake for 60-70 minutes or until wooden pick inserted near center comes out clean. Cool in pans for 10 minutes; remove to wire rack to cool completely.

Corn Bread**

1 1/2 cups all-purpose flour
 1 cup yellow or white corn meal
 1/2 cup sugar
 1/2 cup instant nonfat dry milk powder
 1 tablespoon baking powder
 1 teaspoon salt
 1 1/2 cups water
 1/3 cup vegetable oil
 1 egg, slightly beaten

Preheat oven to 400°F. Grease 9x9-inch square pan. Combine flour, cornmeal, sugar, dry milk, baking powder and salt in large bowl; stir well. Stir in water, vegetable oil and egg just until blended. Pour into prepared pan. Bake for 20 to 25 minutes or until wooden tooth pick inserted in center comes out clean. Serve warm.

* Adapted with permission from Iowa State University Extension, Ames, IA.
 ** Adapted with permission from NestleUSA.