

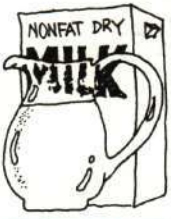
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Using and Storing Nonfat Dry Milk  
Michigan State University Extension Service  
Penny Ross, Extension Food and Nutrition Specialist  
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**USING & STORING****NONFAT DRY MILK**nonfat  
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dry milk

**Nonfat dry milk is convenient to store, easy to measure, inexpensive, and easy to use. To get the most food value from your milk — store it right.**

### How to Store Nonfat Dry Milk

Store your powdered milk in a cool, dry place, in the original container. Keep the box tightly closed to prevent the milk from becoming lumpy.

If properly stored, nonfat dry milk will remain fresh for several months.

### Mixing the Milk

Use tap water to mix your nonfat dry milk. Use the proportions of water to powdered mix given in the package directions.

Once you have prepared the milk, store it in the refrigerator to keep it fresh and cold.

### Pudding Mix

*1-1/2 cups sugar*  
*1-1/2 cups corn starch*  
*7 cups nonfat dry milk solids*

**Combine** ingredients thoroughly and **store** in covered container. To prepare pudding, **use** 3/4 cup pudding mix to 1-1/4 cup water. **Add** water gradually, stirring until smooth. Bring to a **boil** over medium heat. **Add** 1/4 teaspoon vanilla.

*Makes 3 to 4 servings.*

### Using Nonfat Dry Milk

#### As a beverage:

Mix up your milk a day ahead so it will be good and cold for drinking. Add a dash of nutmeg for flavor if desired.

*or*

Mix up your milk and add it to an equal amount of whole or 2% milk. This will improve the flavor and help cut down on the amount of fluid milk you need to buy.

#### In cooking:

Use premixed powdered milk in any recipe that calls for milk.

*or*

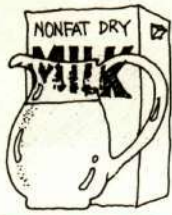
Add dry milk powder directly to the dry ingredients in a recipe (be sure to add the needed water to the liquid ingredients).

#### Why not use nonfat dry milk for:

- cocoa, milk shakes, or blender breakfast drinks.
- Puddings and custards.
- Sauces, gravies, or cream soups.
- Muffins, pancakes, or waffles.

### Nonfat Dry Milk is Good for You

In powdered or liquid form, milk is a good source of protein and calcium. If you are on a special diet, remember nonfat milk is low in fat and cholesterol.



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## Guidelines

To reconstitute dry milk, use the following proportions:

For	powder +	water
1 cup skim milk	1/3 cup +	1 cup
1 quart skim milk	1-1/3 cup +	3-3/4 cup

One third cup dry milk powder has 90 calories.

Reconstituted milk from dry milk powder will keep for 3 to 5 days in the refrigerator.

If properly sealed, dry milk powder can be stored up to 6 months in a dry, cool area and up to 2 years in the refrigerator.

To increase the nutritive value of recipes calling for milk, such as cream soups, sauces and puddings, increase the suggested amount of dry milk powder by 1-1/2 times. Use water in the normal amount

specified for liquid in the recipe. For example, if the recipe uses 1 cup milk, add 7 tablespoons dry milk powder and 1 cup water.

For a nutritional boost, dry milk powder may be added to many recipes not calling for milk. For example:

Food Item	Add Milk Powder
Baked beans	Mix in 1/2 cup dry milk powder before baking.
Ground meat, poultry, and fish loaves	Add 1/4 to 1 cup dry milk powder per pound of meat.
Cooked cereals	Add 1/4 cup dry milk powder per serving of cereal. Use water according to cereal package directions.

Do not boil mixtures with dry milk, because slight curdling may occur.

## Meat Loaf

1 cup nonfat dry milk  
1 cup bread crumbs  
1 pound ground beef  
1 small onion, chopped  
1 egg  
1/4 cup catsup  
dash of pepper

Mix all ingredients. Shape and place in loaf pan. Bake in oven at 350°F. for one hour.

Makes 6 to 8 servings.

## Peanut Butter-Raisin Chews

1 cup peanut butter  
1 cup corn syrup or honey  
1 cup dry milk  
1 cup raisins (optional, or nuts may be substituted)  
1/2 cup confectioner's (powdered) sugar (optional)

Mix corn syrup or honey and peanut butter in a bowl. Add dry milk, 1/4 cup powdered sugar, if desired, and raisins. Mix well. Roll into balls and chill. May be rolled in remaining 1/4 cup powdered sugar or in coconut or chopped nuts.

Store in refrigerator or may be frozen. These store best if wrapped in small pieces of waxed paper or plastic wrap. Makes about 50 balls.

Prepared by Penny Ross, Extension Food and Nutrition Specialist, MSU. Updated by Judith V. Anderson, Extension Food and Nutrition Specialist, MSU, 1984.

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