



Recipes Using Nonfat Dry Milk

PEANUT BUTTER BALLS

1/2 cup peanut butter	2 tablespoons honey
1/2 cup nonfat dry milk powder	(should not be given to children under the age of 2)
1/4 cup raisins (optional)	1 1/2 cups flake cereal

Mix all ingredients except cereal in large bowl. Chill the mixture in the refrigerator for an hour.

Place cereal in re-sealable bag and crush into crumbs using hands, cup or rolling pin. Form peanut butter mixture into 1-inch balls and roll in crushed cereal. Store peanut balls in an airtight container or re-sealable bag. Makes 12 servings

Source: Adapted from University of Tennessee Extension

DEEP DISH HAMBURGER PIE

1 cup canned beef or browned hamburger	2 tablespoons chopped onion
1 can green beans, drained	1/2 can tomato soup
1 cup mashed potatoes	Salt and pepper to taste

Heat oven to 350 degrees F. In skillet cook and stir meat and onion until onion is tender. Stir in beans and soup. Season to taste. Pour into ungreased 1 quart casserole. Spoon mashed potatoes on top of mixture. Bake until mixture is hot and top is slightly brown, about 30 minutes

Source: Commodity Supplemental Food Program Cookbook for MAC/NAPS

ONE-PAN MACARONI AND CHEESE

2 cups uncooked macaroni	1 cup diced processed cheese
1/2 cup water	Salt and pepper to taste
2/3 cup nonfat dry milk	

Cook macaroni according to package directions. Drain and set aside. Mix water and nonfat dry milk in a saucepan. Add cheese. Cook over low heat, stirring gently until cheese melts. Add seasonings. Add cooked macaroni to cheese sauce. Makes 4 to 6 servings. (Be creative! Add meat or vegetable leftovers if you want.)

PEACH COOLER

1/3 cup nonfat dry milk	1 cup frozen peaches (chop canned peaches then freeze)
1/2 cup cold water	
1/2 cup orange juice	

Put all ingredients into a blender. Blend until the liquid is smooth. Pour into a glass and enjoy. Makes 1 serving.

Source: Adapted from FoodHero.org

CREAM SOUP

1 cup powdered milk	2 tablespoons dried onion flakes
3/4 cup cornstarch	1 teaspoon basil
1/4 cup instant bouillon granules	1/8 teaspoon pepper

Mix all the ingredients together. Store in airtight container.

For the equivalent of 1 can of cream soup, mix 1/3 cup of dry mix with 1- 1/4 cups of cold water. Cook in sauce pan until thick.

Add 1-1/2 cups of assorted cooked vegetables. Some choices might be:

Potatoes	Sweet Potato	Corn
Cauliflower	Celery	Onions
Carrots	Cabbage	Spinach
Peas	Rutabaga	Broccoli
Kohlrabi	Zucchini	Mushrooms

(This recipe makes the equivalent of nine cans of cream soup.)

Tips for Using Nonfat Dry Milk

HOW TO MAKE NONFAT DRY MILK

To make	Mix
1 cup skim milk	1/3 cup nonfat dry milk + 1 cup water
2 cup skim milk	2/3 cup nonfat dry milk + 2 cups water
4 cups skim	1 1/3 cups nonfat dry milk + 4 cups water

- Use tap water to mix your nonfat dry milk. Use the proportions of water to powdered mix as shown above.
- Once you have prepared the milk, refrigerate it for a day before using for best results.
- After the dry milk has been mixed with water, refrigerate it. Use it within 3 to 5 days.

BENEFITS OF COOKING WITH NONFAT DRY MILK

- Nonfat dry milk has had the water and most of the fat removed.
- Nonfat dry milk is low in calories and fat but high in calcium.
- Calcium is needed for healthy bones and teeth.
- Other nutrients in nonfat dry milk include protein and vitamins A and D.
- Is low cost and beneficial to have on hand for emergencies

For more cooking and recipe ideas visit the University of Minnesota Extension Real Life, Good Food website

<https://reallifegoodfood.umn.edu/>

USING NONFAT DRY MILK

As a beverage:

- Prepare the non fat dry milk and add it to an equal amount of your purchased liquid milk. This will improve the flavor and help cut down on the amount of fluid milk you need to buy.

■ Tastes better cold

In cooking:

- Use premixed powdered milk in any recipe that calls for milk.
- Add 1/4 cup dry milk when preparing oatmeal per package directions
- Hot cocoa
- Smoothies
- Puddings
- Sauces, gravies
- Cream soups
- Instant mashed or boxed potatoes
- Muffins, pancakes or waffles
- Use as a healthy, affordable coffee creamer

How to store the dry milk

- Store dry powdered milk in a cool, dry place. Use it within 6 months for best quality.
- If properly stored, nonfat dry milk will remain fresh for several months.