



MILK, NONFAT, DRY, INSTANT

Date: October 2012

PRODUCT DESCRIPTION

- Instant nonfat dry milk is made by removing water from pasteurized skim milk. It contains no added preservatives. It is U.S. Extra Grade and has added vitamins A and D.

STORAGE

- Store unopened packages of nonfat dry milk in a cool, clean, dry place.
- After opening, store in a tightly covered container or sealable plastic bag.
- Store prepared nonfat dry milk covered in the refrigerator for up to 5 days.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA commodities, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/STORAGE

- To prepare instant nonfat dry milk, combine $\frac{1}{3}$ cup nonfat dry milk with 1 cup water and mix well.

USES AND TIPS:

- Enjoy prepared instant nonfat dry milk as a beverage.
- Prepared instant nonfat dry milk can be used in recipes calling for milk, such as breads, cakes, casseroles, soups, mashed potatoes, and desserts.
- Try adding a tablespoon or two of instant nonfat dry milk to smoothies for a creamier result.
- Try using instant nonfat dry milk in coffee or tea as a healthier substitute for cream or creamer.

NUTRITION INFORMATION

- 1 cup prepared instant nonfat dry milk ($\frac{1}{3}$ cup milk plus 1 cup water) provides 1 serving from the Dairy Group of MyPlate.
- 1 serving of instant nonfat dry milk provides 30% of the recommended daily amount of calcium and 10% of the recommended daily amount of vitamin A.

OTHER RESOURCES

- www.nutrition.gov
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

Serving size: 1 cup (8 fluid ounces) instant nonfat dry milk, after adding water

Amount Per Serving

Calories	80	Calories from Fat	0
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% Daily Value*

Total Fat 0g			0%
Saturated Fat 0g			0%
<i>Trans</i> Fat 0g			
Cholesterol 5mg			1%
Sodium 130mg			5%
Total Carbohydrate 12g			4%
Dietary Fiber 0g			0%
Sugars 12g			
Protein 8g			
Vitamin A	10%	Vitamin C	2%
Calcium	30%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

MIDWEST CHOWDER

6 SERVINGS

Ingredients

- 4 c. water, divided
- ¼ tsp. salt
- 2 c. potatoes, peeled and cubed
- ¼ cup onion, chopped
- ½ c. carrots, chopped
- ¼ c. all-purpose flour
- ¾ c. non-fat dry milk
- 8 oz. low-fat American cheese, cubed
- 1 (15 oz.) can cream-style corn

Directions

1. In a large saucepan, combine 3 cups of water, salt, potatoes, carrots, and onion. Bring to a boil. Reduce heat and simmer for 10 minutes.
2. In a small bowl, mix flour and dry milk together until well blended. Slowly add 1 cup of water while stirring.
3. Slowly add this liquid to the cooked vegetables, stirring constantly.
4. While stirring, cook over medium heat until mixture is thick and smooth.
5. Add cheese, stirring until melted
6. Add corn and heat well, but do not boil.

Nutritional Information for 1 serving Midwest Chowder							
Calories	220	Cholesterol	30 mg	Sugar	8 g	Vitamin C	20%
Calories from Fat	27	Sodium	590 mg	Protein	16 g	Calcium	30%
Total Fat	3 g	Total Carbohydrate	17 g	Vitamin A	30%	Iron	6%
Saturated Fat	1.5g	Dietary Fiber	2 g				

PEACH SMOOTHIE POPS

MAKES ABOUT 12 SERVINGS

Ingredients

- 1 ⅓ cups instant nonfat dry milk powder
- 4 cups (2 cans, about 15 ounces each) canned peaches, drained
- 1 cup water
- 1 cup ice cubes
- 3 tablespoons sugar

Directions

1. Place all ingredients in blender, cover, and blend until smooth.
2. Pour into popsicle molds and insert sticks, or pour into ice cube trays and place toothpicks in each cube. Freeze until solid.

Tip

You can make this with any kind of fruit you like.

Nutritional Information for 1 serving (1 pop) of Peach Smoothie Pops							
Calories	100	Cholesterol	5 mg	Sugar	18 g	Vitamin C	3 mg
Calories from Fat	0	Sodium	80 mg	Protein	5 g	Calcium	170 mg
Total Fat	0 g	Total Carbohydrate	21 g	Vitamin A	105 RAE	Iron	0 mg
Saturated Fat	0 g	Dietary Fiber	0 g				

Recipe adapted from Food.com