





Non-fat Dry Milk (instant)

Non-fat dry milk is a dairy product where the fat and water have been removed from pasteurized fluid milk. Most of the protein, minerals and vitamins of the fluid milk are kept.

Nutrition Information

Non-fat dry milk is part of the milk group. Foods from the milk group provide important nutrients like calcium.

Based on MyPyramid, 1 cup of drinkable non-fat dry milk provides 1 cup from the milk group.

A typical person should try to eat/drink 3 cups of milk or foods that are equal to one cup of milk each day.

Instant non-fat dry milk is an excellent source of calcium and protein





Storage

Store in a cool, dry place. Unopened packages can be kept for 6 months without refrigeration.

Keep unused portion in the original package or transfer it to a tightly covered plastic container.

Advantages

- ✓ Needs no refrigeration in dry form.
- ✓ Requires small storage space.
- ✓ Mixes and measures easily.
- ✓ High in protein and low in fat.
- ✓ Non-fat dry milk can be used in place of fresh milk for drinking or cooking.

Know how. Know now.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

Recipes and Tips

Increase Food Value by Adding Dry Milk!

- Try adding non-fat dry milk when preparing soups, mashed potatoes, cereal and other cooked foods.
- Add 6 tablespoons of non-fat dry milk to each cup of fluid milk to get twice as much calcium and riboflavin as you do when fluid milk alone is used.

Guide for ways to use non-fat dry milk in cooking

When Preparing:	Add Non-fat Dry Milk
Bread, biscuits, cake, cookies, pancakes and waffles	Add 2 tablespoons for each 1 cup of flour
Meat loaf and sausage	Mix 6 tablespoons with each pound of meat
Cooked cereal	Mix 4 tablespoons with each cup of cereal
	before cooking
Gravy, white sauce and cream soup	Use 3 tablespoons with each cup of liquid
Custard, pudding, cocoa and eggnog	Add 3 tablespoons to each cup of milk

To make drinkable milk from non-fat dry milk powder

To make 1 cup	To make 1 quart
1/₃ cup dry milk	1⅓ cup dry milk
1 cup water	3¾ cups water





Peanut Butter Bites

4 servings

1 T. peanut butter
1 T. quick-cooking oats
1 T. raisins (optional)

½ T. honey

- 1. In a small mixing bowl, combine peanut butter, non-fat dry milk, and honey.
- 2. Add oats a little bit at a time, mixing thoroughly.
- 3. Stir in raisins, if desired.
- 4. Make into 4 balls.
- 5. Wrap in wax paper and refrigerate until ready to eat.

Nutrition Information per Serving: Calories 40, Total Fat 2 g (3% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 25 mg (1% DV), Total Carbohydrate 4 g (1% DV), Dietary Fiber 0 g (0% DV), Sugars 3 g, Protein 2 g, Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 0%.

All recipes can be found in The Cook's Helper 2nd edition, University of Nebraska-Lincoln Extension, Nutrition Education Program Source: USDA http://www.fns.usda.gov/fdd/facts/hhpfacts/hp-csfp.htm