## 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


## Advantages

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

## Recipes and Tips <br> 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 <br> 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 | $11 / 3$ cup dry milk |
| 1 cup water | $33 / 4$ cups water |



