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.

**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.

**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.
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

<table>
<thead>
<tr>
<th>When Preparing</th>
<th>Add Non-fat Dry Milk</th>
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<tbody>
<tr>
<td>Bread, biscuits, cake, cookies, pancakes and waffles</td>
<td>Add 2 tablespoons for each 1 cup of flour</td>
</tr>
<tr>
<td>Meat loaf and sausage</td>
<td>Mix 6 tablespoons with each pound of meat</td>
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<tr>
<td>Cooked cereal</td>
<td>Mix 4 tablespoons with each cup of cereal before cooking</td>
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<tr>
<td>Gravy, white sauce and cream soup</td>
<td>Use 3 tablespoons with each cup of liquid</td>
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<tr>
<td>Custard, pudding, cocoa and eggnog</td>
<td>Add 3 tablespoons to each cup of milk</td>
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### To make drinkable milk from non-fat dry milk powder

<table>
<thead>
<tr>
<th>To make 1 cup</th>
<th>To make 1 quart</th>
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</thead>
<tbody>
<tr>
<td>⅓ cup dry milk</td>
<td>1⅓ cup dry milk</td>
</tr>
<tr>
<td>1 cup water</td>
<td>3¾ cups water</td>
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</tbody>
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### Peanut Butter Bites

4 servings

1 T. peanut butter
1 T. non-fat dry milk
½ T. honey
1 T. quick-cooking oats
1 T. raisins (optional)

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

This material was funded in part by USDA’s Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.