Instant Nonfat Dry Milk: Facts You Should Know

Instant nonfat dry milk is made by removing nearly all the fat and water from fresh pasteurized milk. It has multiple uses, requires little storage space, has long shelf life and instant availability. One added advantage—it’s inexpensive.

**Food Value** is the same as fresh skim milk—little or no fat and low in calories (8 ounces of liquid = 80 calories); rich in calcium, riboflavin, and protein, plus a supply of other minerals and vitamins that everyone needs everyday.

**Storage**: Store in a cool, dry spot and keep tightly covered to keep out any moisture. Shelf life is about six months. When mixed with water, refrigerate and give the same care as fresh milk. Freezing is not recommended.

**USE**

*Instant Nonfat Dry Milk* dissolves easily in cool water to make fluid milk. Mix it in whatever amount your family requires. If prepared as needed, it eliminates waste. To mix, follow directions on the package or use five tablespoons of powder to eight ounces of water.

**Beverages**—refrigerate for at least eight hours. You may mix equal amounts of fresh, whole milk with the chilled liquid nonfat dry milk or serve as a special flavor milk drink.

**Coffee Creamer**—Dry milk is more nutritious and less expensive than non-dairy creamer. Just stir the powder in your coffee.

**Cooking with Nonfat Dry Milk**—Combine the dry milk with dry ingredients and add amount of water equal to the milk called for in the recipe, or use the mixed liquid.

**Create Your Own Quick Mixes**

**Basic Sauce Mix**
(For quick flavored sauces, casserole and creamed dishes)

- 1 cup flour
- 1 tablespoon salt
- 4 cups nonfat dry milk
- 1 cup cubed margarine

Mix flour, milk and salt; cut in margarine with pastry blender until mixture is the consistency of coarse corn meal; refrigerate in air-tight container. Yield: 7 cups. For 1 cup sauce: combine 1/4 cup water with 3/4 cup basic mix; stir until smooth; add 1/2 cup water. Cook over medium heat, stirring constantly until thickened.

**Hot Cocoa Mix**

- 1 (1-pound) box instant chocolate drink mix* 1/2 cup powered sugar
- 1 (11-ounce) jar non-dairy coffee creamer 1 (8-quart size) box nonfat dry milk

Mix all ingredients together. Cover tightly. Store on shelf. For 1 cup fill cup 1/3 to 1/2 full of cocoa mix. Add hot water. *DO NOT USE COCOA.

**Pudding/Pie Mix**

- 7 cups nonfat dry milk powder 1 1/2 cups sugar
- 1 teaspoon salt 1 1/2 cups cornstarch

Mix together. Cover tightly. Store on shelf. For 6-8 servings, combine 1 1/2 cups of mix with 2 1/2 cups water and 1/2 teaspoon of vanilla flavoring. Stir to prevent lumping. Bring to a boil over slow heat. Stir until thick. Other variation—add 1/2 cup chopped nuts or coconut.
Make Your Own Diary Products

Nonfat Whip
(Use as low-calorie whipped cream)

Combine 1/2 cup nonfat dry milk and 1/2 cup ice cold water or fruit juice in chilled mixing bowl; whip with chilled rotary beater or electric beater at high speed until stiff. The colder the liquid, the faster it will whip. For a firm or stable whipped product, add 1 tablespoon of lemon juice. Yield: 1 1/2 cups.

Buttermilk
1 quart nonfat milk (made from dry milk) 1 1/2/ cups fresh buttermilk

Stir these two ingredients together till well blended. Let stand at room temperature until thickened (clabbered). The thickening process may take overnight or most of the day. Stir till smooth. Chill.

Cottage Cheese
1 quart nonfat milk (made from dry milk) 4 tablespoons buttermilk

Stir together, cover, let set at room temperature until milk is firm (about 12 hours). Cut curd in 1/4 inch pieces cutting to the bottom of the bowl. Let stand 10 minutes. Pour 1 quart of boiling water over the curd. Stir very gently. Pour off water until curd is showing. Pour another quart of warm water over curd. Stir slightly and let it set about 10 minutes. Drain using cheese cloth spread over colander or sieve. Wash curd by pouring cold water over it. Stir in 1/4 teaspoon salt. If you like large curd, stir minimum. If you like small curd, stir well. Refrigerate immediately. Makes 1 pound.

Creamy Cottage Cheese—Add 4-6 tablespoons of sweet or sour cream. Mix well.

Yogurt
1/4 cup commercial plain yogurt 1 quart nonfat milk (made from dry milk)

Let the yogurt stand at room temperature for 3 to 4 hours. Heat milk just below boiling (200°F). Do not overheat. Cool to warm (115°F). Add the yogurt and mix thoroughly. Remove 2 tablespoons and save as a starter for your next batch. Turn into a bowl or 4 individual containers. Place in a container of warm water or slightly warm oven. Cover and keep lukewarm until a curd the consistency of pudding has formed. This may take 6 to 8 hours. Chill your yogurt and starter as soon as set. Makes 1 quart.

Fruited yogurt—add 2 tablespoons sugar and 1/2 cup crushed fruit after removing starter.

Creamy Yogurt
2 cups water 4 cups (1 quart) water
2 cups dry nonfat milk 1 (13-ounce) can evaporated milk
1/4 cup commercial plain yogurt

Mix first three ingredients together. Add quart of water and canned milk and mix well. Pour into 8 (10-ounce) glasses and set in container of warm water up to height of yogurt in glasses. Cover utensil, keep warm (105°F to 120°F) for 3 to 5 hours or until a pudding texture. Cover glasses and store in refrigerator; will keep for 1-2 weeks in refrigerator.

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