
Cooking With Instant Nonfat Dry Milk

Key Nutrients

- Calcium - builds bones and teeth
- Protein - builds and repairs skin, muscle, blood, bone and brain

Serving Size

1 cup reconstituted dry milk provides one serving from the Milk, Cheese and Yogurt food group.

Storage and Safety

Store nonfat dry milk in a covered container in a cool, dry place.

Dry milk in the powdered form lasts much longer on the shelf than fresh milk. Once you mix dry milk with water, keep refrigerated and use within a few days.

Note: children that are younger than 2 years old should drink whole or 2% milk instead of nonfat or lowfat milk.

Preparation and Cooking

To reconstitute one cup of nonfat dry milk, combine 1/3 nonfat dry milk powder with 1 cup cold water and mix well.

Always use medium or low heat when cooking with milk. High temperatures can cause milk to curdle.

Uses and Tips

Dry milk has many uses, and can be used dry or mixed with water:

- try adding nonfat dry milk powder to soups, gravies, casseroles, meatloaf, muffins, pancakes and waffles
- use reconstituted nonfat dry milk in place of fresh milk in any recipe
- for drinking, chill reconstituted nonfat dry milk for best flavor, or mix with a little fresh milk

Source: OSU Extension. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>