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Using Nonfat Dry Milk

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Milk is important—it provides high quality protein, minerals, and vitamins that are needed for growth and health. It is an excellent food by itself and adds to flavor, texture, and food value of many other favorite foods.

Instant nonfat dry milk is made by removing the fat and water from fresh fluid milk. Many commercial companies use nonfat dry milk in their products to add nutritive value and to improve the quality.

Nutritive Value

When it is mixed with water, following directions on the package, nonfat dry milk has all the food value of fresh skim milk. Fortified nonfat dry milk contains 1500 international units of Vitamin A per cup (dry measure) or 500 international units of Vitamin A per cup when reconstituted. This is 150 units per cup more than whole milk. Look for the word FORTIFIED on the label. Food value may be increased by using about one-third more dry milk per cup of water than the amount suggested in the directions.

Nonfat dry milk is lower in calories than whole milk. One-third cup nonfat dry milk (enough to make one cup of fluid milk) contains about 87 calories. One cup of fluid whole milk contains about 166 calories.

Storage

Nonfat dry milk keeps well before it is mixed with water. It is not necessary to keep it in the refrigerator in its dry form, but it keeps good longer in the refrigerator. It must be kept dry. Refrigeration is necessary after it is mixed with water.

Costs

The cost of nonfat dry milk is lower than fluid milk if you do your own measuring. There is no waste because you can mix just the amount needed. Envelopes of pre-measured amounts are fairly expensive.

Safety

The high temperature used when the water is removed from the milk kills any bacteria present. After dry milk has been mixed with water, it should be kept in the refrigerator as other fluid milk. Keep a lid on it.

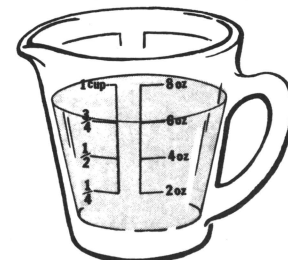
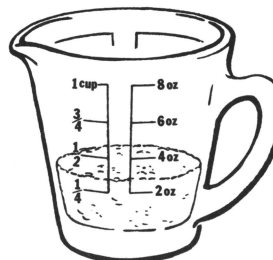
Convenience

Nonfat dry milk may be bought in several sizes of packages in most grocery stores. Directions for use and mixing are given on the package. Nonfat dry milk is easy to measure and dissolves quickly.

Dry milk may be used in the dry form in many recipes such as baked foods, custards, and mashed potatoes. For some recipes, a liquid form is better. Nonfat dry milk may be mixed with water and chilled for drinking. It can be whipped to use as whipped cream. It may be mixed with potato water for whipped potatoes, added to cereals, or used in mixes. Nonfat dry milk is handy for hikes, picnics, or camping.

Reconstituting Nonfat Dry Milk

For best results follow the directions on the package for measuring and mixing nonfat dry milk. Generally, for one cup of milk use $\frac{1}{3}$ cup of nonfat milk and a scant cup of water. Powdered or spray-dried nonfat dry milk requires more mixing than the granular type. For drinking, the flavor seems improved if milk is chilled and refrigerated for eight hours or more.



For one cup of milk use $\frac{1}{3}$ cup of nonfat milk and $\frac{3}{4}$ cup of water.

Proportions For Using Instant Nonfat Dry Milk

TO MAKE:	NONFAT DRY MILK	WATER	OTHER INGREDIENTS
Fluid skim milk	1/3 cup	1 scant cup	None
Fresh whole milk substitution	1/3 cup	1 scant cup	Add 2 teaspoons margarine or butter to the recipe
Butter milk	1 1/3 cup	3 cups	1/2 cup buttermilk (yield 1 quart)
Whipped topping	1/2 cup	1/2 cup (very cold)	2 to 3 tablespoons lemon juice, 1/4 cup sugar
Whipped fruit topping	1/2 cup	None	1/2 cup cold fruit juice, 1 to 2 tablespoons lemon juice, 1/4 cup sugar
Coating for chicken, fish or meat	1/2 cup	1/2 cup	Fine bread crumbs, cereal crumbs, or flour to coat the meat