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## Using Nonfat Dry Milk in Breads

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Hot breads make a meal for many people. Dry milk reduces the cost, increases nutrients, and makes mixing easy. Mixes make cooking still easier.

Remember that FORTIFIED dry milk adds to the nutrients and costs no more than unfortified milk.

For information on how to reconstitute, nutrients, cost, convenience and storage of dry milk get a copy of GH 1050, Using Nonfat Dry Milk.

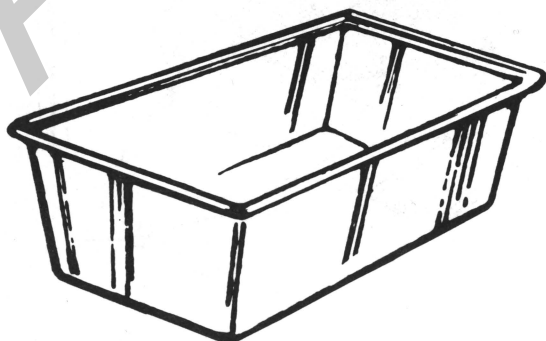
### Cornbread Mix

4 cups sifted flour	1 tablespoon salt
4 cups cornmeal	1/3 cup baking powder
1 cup sugar	1 cup shortening
1 1/2 cups nonfat dry milk	

1. Measure flour, cornmeal, sugar, dry milk, salt, and baking powder into a large bowl. Stir until well mixed (30 strokes).
2. Add the shortening and cut into flour mixture until it forms particles about the size of small peas.

Makes: about 12 cups.

1 cup provides: calories 546; protein 10 gr.; fat 17 gr.; carbohydrates 86 gr.; calcium 106 mg.; iron 2.5 mg.; vitamin A 205 I.U. plus an additional 167 units if milk is fortified.



### Cornmeal Yeast Bread made with Mix

1 package yeast	3 cups Cornbread Mix
1/4 cup warm water	(recipe above)
2 cups water	1 teaspoon salt
2 cups sifted flour	2 to 3 cups flour

1. Soften yeast in 1/4 cup warm water.
2. Pour 2 cups water into large bowl.
3. Add 2 cups flour and beat until smooth.
4. Stir softened yeast into flour mixture.
5. Add Cornbread Mix and salt. Beat well (25 strokes).
6. Stir in enough of the other flour for a stiff dough.
7. Turn dough out on a lightly floured board and knead it 8 to 10 minutes.
8. Form dough into a ball and put it in a greased bowl. Turn the dough over once or twice to grease the outside of the ball.
9. Cover with a damp cloth and let rise in a warm place until double in size.
10. Punch down and let rise again.
11. Turn dough onto a lightly floured board and knead until smooth.
12. Shape dough into loaves and place in greased pans (9x5x3 inches).
13. Cover with a damp cloth and let rise in warm place until double in size.
14. Bake 40 to 45 minutes at 350°F.
15. Remove from pans at once. Place on rack to cool.
16. Brush crusts with melted margarine or butter if desired.

Makes: 2 loaves.

If each loaf is cut into 16 slices, each slice supplies: calories 104; protein 3 gr.; calcium 12 mg.

*A deep pan or container slightly larger at the top allows baked bread to slip out easily.*

### Cornbread or Muffins made with Mix

1 egg, beaten  
1 cup water  
2½ cups Cornbread Mix (recipe previous page)

1. Combine egg, water, and Cornbread Mix. Stir until the mixture is just damp. (The mixture will still be lumpy.)
2. Pour into greased pan (8x8x2 inches) or muffin pan.
3. Bake 15 to 20 minutes at 425°F.

Makes: 9 servings of cornbread or 12 medium muffins.

1 muffin supplies: calories 120; protein 2.6 gr.; calcium 24 mg.

### Muffins

2 cups sifted flour  
1 tablespoon baking powder  
1 teaspoon salt  
2 tablespoons sugar\*  
1 cup nonfat dry milk  
1 egg, slightly beaten  
1 cup plus 2 tablespoons water  
¼ cup shortening, melted\*

1. Mix flour, baking powder, salt, sugar, and nonfat dry milk.
2. Add egg, water, and melted shortening.
3. Stir until just blended. Batter will be lumpy.
4. Fill greased muffin tins two-thirds full.
5. Bake 20 minutes at 375°F.

Yield: 12 medium muffins.

\*If you want a more cake-like muffin, use ½ cup sugar and ½ cup shortening.

1 muffin supplies: calories 140; protein 4.5 gr.; calcium 79 mg.

### Biscuits

2 cups sifted flour  
1 tablespoon baking powder  
1 teaspoon salt  
½ cup nonfat dry milk  
⅓ cup shortening  
¾ cup cold water

1. Sift flour, baking powder, and salt together.
2. Stir in dry milk.
3. Mix in shortening until particles are the size of peas.
4. Add water and stir about 20 times.
5. Turn dough onto lightly floured board or pastry cloth. (Dough should be soft.) Knead lightly about 30 times.
6. Roll to one-half inch thick and cut biscuits with a floured cutter.
7. Place on ungreased baking sheet or shallow pan.
8. Bake 12 minutes at 425°F.

Yield: 18 medium biscuits.

1 biscuit supplies: calories 86; protein 2 gr.; calcium 26 mg.

### Biscuit Mix\*

9 cups sifted all-purpose flour  
⅓ cup double-acting baking powder  
1 cup plus 2 tablespoons instant nonfat dry milk  
4 teaspoons salt  
1¾ cups vegetable shortening OR 1½ cups of lard

1. Stir baking powder, dry milk and salt into the sifted flour. Sift all dry ingredients together until well mixed.
2. Cut or mix fat into flour mixture until all particles of fat are thoroughly coated and mixture resembles coarse cornmeal.

Yield 13 cups of MIX

\*Recipe from *Missouri Mix for Home Baking* by Georgia Amick, Professor, and Cleta Rogers, Instructor, College of Home Economics, University of Missouri-Columbia.

1 cup supplies: calories 530; protein 10 gr.; fat 24 gr.; carbohydrates 64 gr.; calcium 173 mg.; iron 2 mg.

### Basic Biscuits from Mix

2 cups MIX (recipe above)  
½ cup water

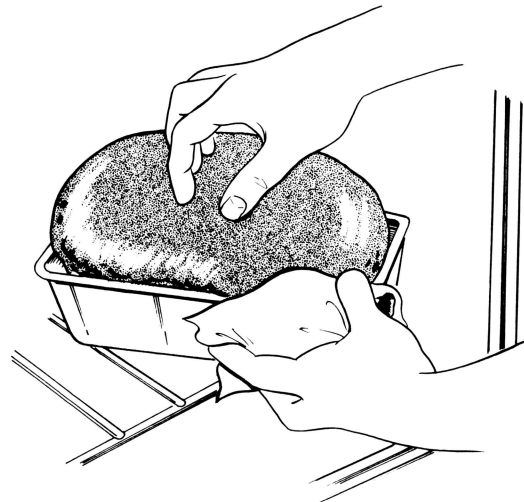
1. Add liquid to MIX. Stir 20 to 25 times.
2. Turn onto a lightly floured board and knead about 15 times.
3. Roll to ½-inch thickness. Cut with a floured biscuit cutter or cut in squares using a floured knife. Place on an ungreased cooky sheet or baking pan.
4. Bake in a hot oven (425°F.) for 10 minutes.

Makes 12 to 14 biscuits.

1 biscuit supplies: calories 88; protein 2 gr.; fat 4 gr.; calcium 29 mg.

### Drop Biscuits

Increase the water in basic recipe above to ⅔ cup. It is not necessary to knead or roll dough. Drop by spoonfuls onto greased baking pan or into well-greased muffin pans.



### Apple Nut Bread

2 cups sifted flour  
¾ cup sugar  
1 teaspoon salt  
½ cup nonfat dry milk  
1½ teaspoons baking powder  
½ teaspoon soda  
½ teaspoon cinnamon  
¼ teaspoon nutmeg  
1 egg, beaten  
2 tablespoons melted shortening  
½ cup water  
2 cups peeled apples, chopped fine  
½ cup chopped nuts, if desired

1. Mix together flour, sugar, salt, dry milk, baking powder, soda, cinnamon, and nutmeg.
2. Mix together egg, melted shortening, and water. Add to dry ingredients and mix well.
3. Add chopped apples and nuts (if used). Mix well.
4. Bake in greased loaf pan (4x9 inches or 3½x8 inches) for about 1 hour at 350°F.

Makes: 1 loaf.

If cut into 16 slices, 1 slice provides: calories 149; protein 3 gr.; fat 5 gr.; carbohydrates 24 gr.; calcium 36 mg.

### Banana Bread

2 cups sifted flour  
1½ teaspoons baking powder  
½ teaspoon soda  
½ teaspoon salt  
1 cup sugar  
½ cup nonfat dry milk  
¼ cup water  
1 egg, beaten  
2 tablespoons melted shortening  
1 cup mashed bananas  
½ cup chopped nuts, if desired

1. Mix together flour, baking powder, soda, salt, sugar, and dry milk.
2. Mix together water, egg, shortening, and mashed bananas. Add to dry ingredients and mix well (25 strokes).
3. Add nuts (if used) and mix.
4. Bake in greased loaf pan (4x9 inches or 3½x8 inches) for about 1 hour at 350°F.

Makes: 1 loaf.

If cut into 16 slices, 1 slice provides: calories 159; protein 3 gr.; fat 5 gr.; carbohydrates 27 gr.; calcium 35 mg.; vitamin A 56 I.U. Add 47 I.U. more vitamin A per slice if nonfat dry milk is fortified.

### Prune Bread

2 cups sifted flour  
¾ cup sugar  
1½ teaspoons baking powder  
½ teaspoon soda  
1 teaspoon salt  
½ cup nonfat dry milk  
Grated rind of 1 orange, if desired  
¾ cup liquid (prune juice or orange juice and water)  
1 cup well drained chopped prunes that have been soaked  
1 egg, slightly beaten  
2 tablespoons melted shortening  
½ cup chopped nuts, if desired

1. Mix flour, sugar, baking powder, soda, salt, and dry milk.
2. Add liquid, orange rind (if used), chopped prunes, egg, and shortening. Mix well.
3. Add chopped nuts (if used). Mix.
4. Bake in greased loaf pan (4x9 inches or 3½x8 inches) for about 1 hour at 350°F.

Makes: 1 loaf.

If ¾ cup prune juice is used and nuts are used a 1/12 portion provides: calories 256; protein 4 gr.; fat 6 gr.; carbohydrates 47 gr.; calcium 50 mg.; iron 2 mg.; vitamin A 499 I.U.

### Whole Wheat Casserole Bread

2 packages yeast  
½ cup warm water  
½ cup nonfat dry milk  
1 cup water  
2 tablespoons molasses  
2 teaspoons salt  
1 tablespoon melted margarine or butter  
3 cups sifted flour  
1 cup whole wheat flour (unsifted)

1. Soften yeast in ½ cup warm water.
2. Mix dry milk, 1 cup water, molasses, salt, and margarine or butter.
3. Pour the softened yeast and milk mixture into the flour. Beat well. (Batter will be stiff.) Scrape down from sides of bowl. Cover with a damp cloth.
4. Let rise in a warm place until double in size (about 45 minutes).
5. Stir batter and beat one-half minute.
6. Spread batter evenly in greased 1½ quart casserole.
7. Let rise in a warm place (about 25 minutes).
8. Bake 45 minutes at 375°F.

Makes: 1 loaf.

A ¼ portion supplies: calories 255; protein 9 gr.; fat 2 gr.; carbohydrates 50 gr.; calcium 77 mg.; iron 2 mg.

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