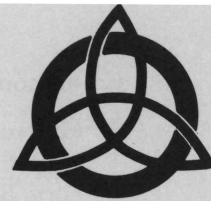


HOME ECONOMICS GUIDE



Published by the University of Missouri-Columbia
Extension Division
College of Home Economics

JUN 22 1979

Using Nonfat Dry Milk in Desserts

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A good way to add milk to meals is in easy desserts. Cookies, puddings, and custards are favorites with persons of all ages.

Remember that nonfat dry milk fortified with vitamin A adds 1500 international units of vitamin A per cup (dry form) of dry milk.

These recipes contain more dry milk than many recipes from other sources. These mixes help to make cooking easy.

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



Store cookie mix in covered jar or can away from heat.

Cooky Mix

- 6 cups sifted flour
- 1 tablespoon baking powder
- 2 teaspoons salt
- 3 cups sugar
- 1 cup nonfat dry milk
- 2 cups shortening

1. Sift flour, baking powder, salt, and sugar together. Add dry milk and mix well.
2. Mix in shortening until the mixture looks like coarse cornmeal.
3. Store in a tightly covered jar or can and keep away from heat.

Makes: About 12 cups.

1 cup supplies: calories 540; protein 9 gr.; carbohydrates 127 gr.; calcium 96 mg.

Sugar Cooky made with Mix

- 2 cups Cooky Mix
- 1 egg, slightly beaten
- 2 tablespoons water
- ½ teaspoon vanilla
- ½ teaspoon lemon extract

Combine all ingredients and stir until well mixed.

For Plain Cookies

1. Drop Sugar Cooky dough by teaspoon, 2 inches apart, on greased cooky sheet.
2. Bake at 400°F for 8 to 10 minutes.

Makes: About 3 dozen cookies.

2 cookies supply: calories 64; carbohydrates 14 gr.; calcium 12 mg.

Cinnamon Balls

1. Mix together 3 tablespoons sugar and 1 teaspoon cinnamon.
2. Form Sugar Cookie dough (recipe previous page) into balls the size of a walnut.
3. Roll the balls in the mixture of sugar and cinnamon.
4. Place balls 2 inches apart on greased cookie sheet.
5. Bake at 400°F for 8 to 10 minutes.

Makes: About 3 dozen cookies.

Orange Goodies made with Mix

- 2 cups Cookie Mix (recipe on previous page)
- 1 egg, slightly beaten
- 2 tablespoons orange juice

1. Mix ingredients well.
2. Drop cookie dough by teaspoon, 2 inches apart, on a greased cookie sheet.
3. Bake at 400°F for 8 to 10 minutes.

Makes: About 3 dozen cookies.

Coconut Drops made with Mix

- 2 cups Cookie Mix (recipe on previous page)
- 1 egg, slightly beaten
- 2 tablespoons water
- ½ teaspoon vanilla
- ½ cup coconut

1. Mix ingredients well.
2. Drop cookie dough by teaspoon, 2 inches apart, on a greased cookie sheet.
3. Bake at 400°F for 8 to 10 minutes.

Makes: About 3 dozen cookies.

Cookie Cake made with Cookie Mix

- 2 cups Cookie Mix (recipe on previous page)
- 1 egg, beaten
- ⅓ cup water
- 1 teaspoon vanilla

1. Combine Cookie Mix, egg, water, and vanilla.
2. Beat until well mixed.
3. Pour into greased (8x8x2 inches) pan.
4. Sprinkle topping (recipe below), over batter.
5. Bake 20 minutes at 375°F.

Topping

- 2 tablespoons flour
- 2 tablespoons margarine or butter
- 4 tablespoons brown sugar

Mix together and sprinkle over cake batter.

Brownie Mix

- 4½ cups sifted flour
- 5 cups sugar
- 1½ cups nonfat dry milk.
- 1¼ teaspoons salt
- 2½ teaspoons baking powder
- 1¼ cups cocoa

Measure all ingredients into a large bowl and mix well. (An electric mixer may be used at low speed for 10 minutes.)

Makes: About 10 cups.

2 cups supply: calories 1316; protein 24 gr; carbohydrates 307 gr.; calcium 325 mg.; iron 7 mg. Plus 450 I.U. vitamin A if milk is fortified.

Chocolate Pudding Cake made with Brownie Mix

- 2 cups Brownie Mix (recipe above)
- 1½ teaspoons baking powder
- ½ cup water
- 1 teaspoon vanilla
- 1 tablespoon shortening, melted
- ½ cup nuts

1. Put Brownie Mix and baking powder in a bowl. Stir.
2. Add water, vanilla, and melted shortening. Mix well.
3. Stir in nuts.
4. Turn batter into greased pan (8x8x2 inches).
5. Pour topping (recipe below) over batter.
6. Bake 40 to 45 minutes at 350°F.
7. When cool, turn upside down on serving dish. Top with whipped topping or ice cream, if desired.

Topping for Pudding Cake

- ½ cup brown sugar
- 2 tablespoons cocoa
- ½ cup sugar
- 1 cup boiling water

1. Mix sugar and cocoa.
2. Add boiling water and stir.
3. Pour over cake batter in pan.

Makes: 8 servings.

Each serving supplies: calories 328; protein 4 gr.; carbohydrates 64 gr.; calcium 58 mg.

Brownies made with Brownie Mix

- 2 cups Brownie Mix (recipe above)
- ⅓ cup soft shortening
- 2 eggs, beaten
- ½ cup nuts
- 1 tablespoon water

1. Mix all ingredients well. (If using mixer, use medium speed for 2 minutes.)
2. Turn into greased cake pan (8x8x2 inches).
3. Bake 25 minutes at 350°F.
4. Cool in pan before cutting.

Makes: 8 servings or 16 2x2-inch squares.

Each serving supplies: calories 308; protein 6 gr.; fat 13 gr.; calcium 47 mg.; iron 1.6 mg.; 227 I.U. Vitamin A.

pudding Mix

1 1/3 cups sugar
3/4 cup flour
1 teaspoon salt
3 cups nonfat dry milk

Measure all ingredients into a large bowl and mix well. (An electric mixer may be used at low speed for 10 minutes.)

Makes: 4 1/2 cups.

1 cup supplies: calories 461; protein 18 gr.; carbohydrates 97 gr.; calcium 590 mg. Would supply 1000 I.U.s of vitamin A per cup if milk is fortified.

Chocolate Pudding made with Pudding Mix

1 cup plus 2 tablespoons Pudding Mix (recipe above)
2 tablespoons sugar
3 tablespoons cocoa
2 cups water
1 egg or 2 egg yolks, slightly beaten
1 teaspoon vanilla
1 tablespoon margarine or butter

1. Stir Pudding Mix, sugar and cocoa together.
2. Add water and egg. Stir.
3. Cook over medium heat until thick. Stir all the time.
4. Stir in vanilla and margarine or butter. Pour into serving dishes.
5. Serve warm, or chill before serving. Cover to prevent skin on top.

Makes: 4 to 5 servings.

A 1/4 portion supplies: calories 206; protein 7 gr.; carbohydrates 32 gr.; calcium 178 mg.; vitamin A 265 I.U. plus additional 281 units if dry milk is fortified.

Vanilla Pudding made with Pudding Mix

1 cup plus 2 tablespoons Pudding Mix (recipe above)
2 cups water
2 egg yolks or 1 whole egg, slightly beaten
1 teaspoon vanilla
1 tablespoon margarine or butter

1. Combine Pudding Mix with water and egg yolks or whole egg.
2. Cook over medium heat until thick. Stir all the time.
3. Stir in vanilla and margarine or butter.
4. Pour pudding into serving dishes.
5. Serve warm, or chill before serving. Cover to prevent skin on top.

Makes: 4 to 5 servings.

A 1/4 portion supplies: calories 175; protein 7 gr.; carbohydrates 27 gr.; calcium 173 mg.; vitamin A 265 I.U. plus additional 281 units if dry milk is fortified.

Vanilla Sauce made with Pudding Mix

1 cup Pudding Mix
3 tablespoons nonfat dry milk
2/3 cup sugar
2 1/2 cups water
2 egg yolks or 1 egg, slightly beaten
1 teaspoon vanilla

1. Stir Pudding Mix, dry milk, sugar, water, and egg together in pan.
2. Cook over moderate heat until thickened. Stir all the time.
3. Remove from heat and add vanilla. Sauce thickens as it cools.
4. Serve over bread pudding or cake.

Makes: 3 cups.

1/2 cup provides: calories 228; protein 5 gr.; fat 9 gr.; carbohydrates 32 gr.; calcium 128 mg.

Chocolate Sauce made with Pudding Mix.

Follow directions for Vanilla Sauce, but add 3 tablespoons cocoa to the one cup of dry Pudding Mix.

Makes: 3 cups.

Lemon Sauce made with Pudding Mix.

Follow directions for Vanilla Sauce and add 1/3 cup lemon juice. A few drops of yellow food coloring and a small amount of grated lemon rind may be added. Serve warm.

Makes: 3 cups.

Family Favorite Cookies

1/2 cup shortening	1/4 teaspoon soda
1/2 cup sugar	1/3 teaspoon baking powder
1/2 cup brown sugar	1/2 teaspoon salt
1 egg, beaten	1/2 cup nonfat dry milk
1/4 cup water	1 cup flake type breakfast cereal
1/2 teaspoon vanilla	1 cup uncooked rolled oats
1 cup sifted flour	1/2 cup coconut

1. Mix shortening with brown sugar and white sugar. Beat until light and fluffy.
2. Add egg, water, and vanilla to sugar mixture. Mix.
3. Sift flour, soda, baking powder, and salt together. Then stir in dry milk, flake cereal, oats, and coconut.
4. Add dry ingredients to sugar mixture and stir well.
5. Drop cookie dough by teaspoon, 2 inches apart, on greased cookie sheet.
6. Bake 10 to 12 minutes at 350°F.

Makes: About 4 dozen cookies.

2 cookies supply: calories 125; protein 2 gr.; carbohydrates 16 gr.; calcium 26 mg.; vitamin A 25 I.U. Add 31 I.U. more vitamin A for 2 cookies if dry milk is fortified.

Grandmother's Rice Pudding

- 2 cups water
- $\frac{2}{3}$ cup nonfat dry milk
- $\frac{1}{2}$ cup uncooked rice
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup sugar (save 2 tablespoons sugar to mix with egg whites)
- 2 egg yolks, slightly beaten*
- $\frac{1}{2}$ teaspoon vanilla
- 2 egg whites
- $\frac{1}{2}$ cup soaked raisins or prunes, if desired.

1. Mix water and nonfat dry milk in pan.
2. Add rice and salt. Cook until rice is tender.
3. Add sugar and stir.
4. Stir rice mixture into beaten egg yolks.
5. Return to pan and cook 2 more minutes. Stir all the time.
6. Remove from heat. Stir in vanilla.
7. Beat egg whites until foamy. Sprinkle 2 tablespoons sugar in egg whites and keep beating until egg whites stand in soft peaks.
8. Stir hot rice mixture and raisins (if used) into egg whites until no lumps of egg white remain.
9. Serve hot, or chill before serving.

Makes: 6 servings.

* Be sure to use clean eggs with no cracks in the shell for this recipe.

1 serving supplies: calories 214; protein 6 gr.; carbohydrates 27 gr.; calcium 119 mg.; iron 1.3 mg.; vitamin A 201 I.U. (using enriched rice and raisins). Add 16 more I.U. vitamin A if milk is fortified.

Frozen Lemon Custard

- 1 egg yolk, beaten
- $\frac{1}{3}$ cup sugar
- $\frac{1}{4}$ teaspoon grated lemon rind
- 2 or 3 tablespoons fresh lemon juice
- 1 egg white *
- $\frac{1}{3}$ cup water
- $\frac{1}{3}$ cup nonfat dry milk

1. Mix egg yolk, sugar, and grated lemon rind and juice.
2. Beat egg white, water, and dry milk until mixture stands in peaks.
3. Slowly beat lemon mixture into egg white mixture. Beat all the time.
4. Pour into a refrigerator tray. Freeze until firm.

Makes: 4 servings.

* Be sure to use a clean egg with no crack in the shell for this recipe.

Each serving supplies: calories 108; carbohydrates 21 gr.; calcium 81 mg.; vitamin A 150 I.U.; vitamin C 5 mg. Add 125 additional units vitamin A per serving if dry milk is fortified.

Baked Custard

- 2 cups water
- 1 cup nonfat dry milk
- 2 eggs, slightly beaten
- $\frac{1}{4}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon vanilla
- $\frac{1}{8}$ teaspoon nutmeg

1. Mix water and dry milk. Heat to boiling.
2. Combine eggs, sugar, salt, and vanilla. Stir until sugar is dissolved.
3. Add heated milk to egg mixture. Stir all the time.
4. Fill custard cups two-thirds full.
5. Sprinkle nutmeg on custard.
6. Place custard cups in a pan of very hot water. Cover and seal pan with aluminum foil.
7. Bake for 20 minutes at 425°F. Remove custard cups from the hot water immediately.

Makes: 4 servings.

1 serving supplies: calories 150; protein 9 gr.; carbohydrates 21 gr.; calcium 233 mg.; vitamin A 300 I.U. plus 370 additional units of vitamin A if dry milk is fortified.

Soft Custard

- 2 cups water
- 1 cup nonfat dry milk
- 2 eggs, slightly beaten
- 3 tablespoons sugar
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon nutmeg
- 1 teaspoon vanilla

1. Mix water and dry milk in top of a double boiler.
2. Add eggs, sugar, salt, and nutmeg. Stir until well mixed.
3. Cook over hot water, (not boiling) for 15 to 20 minutes, until mixture coats a spoon. Stir all the time while cooking.
4. Remove from hot water and pour into a cold bowl.
5. Add vanilla and chill. Cover to prevent skin on top.

Makes: 4 to 6 servings.

A $\frac{1}{4}$ portion supplies: calories 132; protein 9 gr.; carbohydrates 17 gr.; calcium 233 mg; vitamin A 300 I.U. plus additional 375 units of vitamin A if dry milk is fortified.



Tapioca Pudding

¾ cup nonfat dry milk
2 cups water
3 tablespoons tapioca
5 tablespoons sugar (save 2 tablespoons to be used with egg whites)
¼ teaspoon salt
1 egg, (yolk and white separated)*
1 teaspoon vanilla

1. Mix dry milk and water.
2. Add tapioca, sugar, salt, and beaten egg yolk.
3. Cook over medium heat until mixture comes to a rolling boil (6 to 8 minutes). Stir all the time. Mixture will be slightly thick. Remove from heat.
4. Beat egg white until foamy. Sprinkle 2 tablespoons sugar over the egg white and continue beating until whites stand in soft peaks.
5. Very slowly, pour hot mixture into the beaten egg white while stirring carefully.
6. Add vanilla and cool.
7. Stir once after 15 minutes.

Makes: 4 to 6 servings.

* Be sure to use clean eggs with no cracks in the shell for this recipe.

¼ portion supplies: calories 138; protein 6 gr.; carbohydrates 26 gr.; calcium 165 mg.; vitamin A 154 I.U. plus 281 units more of vitamin A if dry milk is fortified.

Pineapple-Lemon Sherbet

1 tablespoon gelatin
¼ cup cold water
⅔ cup nonfat dry milk
1½ cups water
1 cup sugar
1 cup pineapple juice
¼ cup lemon juice

1. Sprinkle gelatin over ¼ cup cold water.
2. Mix dry milk and 1½ cups water.
3. Add sugar and dissolved gelatin to the milk. Heat to boiling, but do not boil. Cool.
4. Pour into 2 refrigerator trays and freeze.
5. When frozen, scrape into a bowl. Add the fruit juices and beat.
6. Freeze, then beat again and refreeze.

Makes: 6 to 8 servings.

1/6 portion supplies: calories 184; protein 4 gr.; carbohydrates 43 gr.; calcium 104 mg.; vitamin C 8 mg.

Fruity Ice Milk

1 package (3 oz.) flavored gelatin
1 cup boiling water
½ cup sugar
2 cups cold water
1¼ cups nonfat dry milk
1 tablespoon lemon juice

1. Dissolve gelatin in boiling water.
2. Stir sugar into the dissolved gelatin. Cool.
3. Mix the cold water and the dry milk.
4. Add cooled gelatin mixture to milk.
5. Pour into 2 ice cube trays. Freeze until thick but not hard.
6. Put frozen mixture into the large mixer bowl.
7. Add lemon juice. Beat with electric mixer at high speed, or with a hand beater until light and fluffy (double in size).
8. Return to freezer trays and refreeze.

Makes: 6 to 8 servings.

1/6 portion supplies: calories 168; protein 6 gr.; carbohydrates 36 gr.; calcium 183 mg.

Whipped Topping*

½ cup nonfat dry milk
½ cup ice water
2 to 3 tablespoons lemon juice
¼ cup sugar

1. Combine dry milk and ice water in a chilled bowl.
2. Beat rapidly until soft peaks form. (If using an electric mixer, beat at high speed for 3 to 4 minutes.)
3. Add lemon juice.
4. Beat until stiff.
5. Fold in sugar

Makes: 3 cups.

Whipped Fruit Topping*

½ cup nonfat dry milk
½ cup ice cold tart fruit juice (cherry, apricot, orange, or pineapple)
1 tablespoon lemon juice
¼ cup sugar

1. Combine dry milk and cold fruit juice in a chilled bowl.
2. Beat rapidly until soft peaks form. (If using an electric mixer, beat at high speed for 3 to 4 minutes.)
3. Add lemon juice.
4. Beat until stiff.
5. Fold in sugar.

Makes: 3 cups.

* Whipped topping and whipped fruit topping may be used for whipped cream in salads and desserts. However, it does not hold up as long. When used as a decoration for desserts, make it just before you use it.

Pineapple Rice

1 cup cold cooked rice
1/3 cup sugar
1 1/2 cups crushed pineapple, drained
1/2 teaspoon vanilla
8 marshmallows, cut in small pieces
1/4 cup nonfat dry milk
1/4 cup pineapple juice, cold

1. Mix rice, sugar, pineapple, vanilla, and marshmallows.
2. Mix dry milk with cold pineapple juice. Beat until it is a stiff foam.
3. Fold whipped milk into rice mixture.
4. Chill and serve within 4 hours.

Makes: 8 servings.

Each serving provides: calories 127; carbohydrates 31 gr.; calcium 38 mg.

Lemondairy Delight

1 package lemon gelatin
1 cup hot water
1/3 cup sugar
Juice and grated rind of one lemon plus enough water to make 1 cup
1/2 cup nonfat dry milk
Graham cracker crust and topping if desired.

1. Dissolve gelatin in 1 cup hot water.
2. Add sugar.
3. Add lemon juice and water mixture to the dissolved gelatin. Cool until the mixture thickens a little (about like syrup).
4. Sprinkle the dry milk, 2 tablespoons at a time, over the gelatin mixture. Whip with an electric mixer at high speed or with a hand beater until stiff peaks form (about 10 minutes).
5. Pour into a pan (8x12x2 inches). Chill until firm.
6. A graham cracker crust and crumb topping may be used if desired.

Makes: 12 servings.

Each serving without graham crackers supplies: calories 65; carbohydrates 16 gr.; calcium 24 mg.