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Using Nonfat Dry Milk in Beverages, Soups, Sauces, and Salad Dressings

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Yes, nonfat dry milk is good to drink. It is perhaps better after it's been in the refrigerator for eight hours or more. Some like to add a little whole milk to give it a little fat.

Dry milk is easy to use in egnog, soups, and salad dressings.

Remember that FORTIFIED dry milk adds 1500 international units of vitamin A per cup (dry form) of dry milk 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.'

Banana Milk Drink

1 ripe banana
2 teaspoons lemon juice
1½ tablespoons sugar
1 cup ice cold water
½ teaspoon vanilla
⅓ cup nonfat dry milk

1. Press banana through a sieve or mash it well with a fork or beater.
2. Add lemon juice and stir.
3. Add sugar, ice cold water, and vanilla. Stir.
4. Sprinkle dry milk over the top and beat until smooth.
5. Use at once.

Makes: 2 servings.

Each serving provides: calories 129; protein 5 gr.; calcium 152 mg.; vitamin A 121 I.U.; vitamin C 13 mg. Add 250 I.U. more vitamin A if milk is fortified.

Buttermilk

1½ cups nonfat dry milk
3 cups water
½ cup buttermilk

1. Sterilize all mixing utensils and the jar for the milk by boiling them in water.

2. Mix the dry milk and water.
3. Add buttermilk and stir.
4. Cover and let stand at room temperature until clabbered (about 24 hours).
5. Stir until smooth.
6. Cover and store in refrigerator.

Makes: 1 quart.

1 cup provides: calories 93; protein 9 gr.; carbohydrates 13 gr.; calcium 330 mg.

Cooked Salad Dressing

⅓ cup nonfat dry milk
¾ teaspoon salt
¼ teaspoon pepper
2 tablespoons sugar
2 tablespoons flour
1 cup water
1 egg, well beaten
1 tablespoon margarine
or butter
⅓ cup vinegar

1. Mix dry milk, salt, pepper, sugar, flour, water, and egg in a pan.
2. Cook over medium heat until mixture is thick. Stir all the time.
3. Remove from heat and add the margarine or butter. Cool to lukewarm.
4. Stir in the vinegar a little at a time.
5. Use in potato salad or cole slaw.

Makes: 1½ cups.

Provides: calories 406; protein 16 gr.; fat 17 gr.; carbohydrates 50 gr.; calcium 332 mg.; iron 2.5 mg.; vitamin A 1059 I.U. plus 500 more units vitamin A if milk is fortified.

Or 3 tablespoons provides: 25 calories; 3 gr. carbohydrates; 21 mg. calcium; 66 I.U. Vitamin A plus 31 more units of vitamin A if milk is fortified.

Egg Nog for Four

3 eggs*
3 cups water
2 tablespoons sugar
 $\frac{3}{4}$ teaspoon vanilla
 $1\frac{1}{3}$ cups nonfat dry milk
Nutmeg, if desired

1. Mix the eggs, water, sugar, and vanilla.
2. Sprinkle the dry milk over the top and beat until well mixed.
3. Chill. Sprinkle with nutmeg if desired.

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

Recipe for one provides: calories 190; protein 14 gr.; carbohydrates 19 gr.; calcium 320 mg.

Add 500 I.U. vitamin A if milk is fortified.

Egg Nog for One

1 egg*
 $\frac{3}{4}$ cup water
2 teaspoons sugar
 $\frac{1}{4}$ teaspoon vanilla
 $\frac{1}{3}$ cup nonfat dry milk
Nutmeg, if desired

Carrot Soup made with Mix

1 teaspoon salt
 $1\frac{1}{2}$ cups water
2 tablespoons chopped celery
 $\frac{3}{4}$ cup White Sauce Mix (recipe above)
3 cups liquid (liquid from cooked vegetables plus water)

1. Put the salt in the $1\frac{1}{2}$ cups water in a pan. Heat to boiling.
2. Add the vegetables. Cook until tender.
3. Stir the White Sauce Mix into the 3 cups of liquid. Cook until slightly thick. Stir all the time.
4. Add the cooked vegetables to the white sauce. Heat 3 to 4 minutes.

Makes: 6 servings.

1 serving provides: calories 107; protein 3 gr.; calcium 52 mg.

White Sauce Mix

$2\frac{2}{3}$ cups nonfat dry milk
 $1\frac{1}{2}$ cups sifted flour
1 tablespoon salt
1 cup margarine or butter

1. Mix dry milk, flour, and salt. You can use a mixer at low speed for 5 minutes.
2. Add the margarine or butter and mix until fat is cut into small pieces. It should look like coarse cornmeal.
3. Store in a covered container in the refrigerator.
4. Stir the mix each time before using.

Makes: 1 quart of Mix (enough for 8 cups of medium white sauce).

$\frac{1}{2}$ cup provides: calories 364; protein 10 gr.; fat 23 gr.; carbohydrates 28 gr.; calcium 302 mg. Vitamin A 257 I.U. if milk is fortified.

Medium White Sauce made with Mix

$\frac{1}{2}$ cup White Sauce Mix (recipe above)
1 cup water

1. Measure Mix into pan.
2. Add the water while stirring.
3. Cook over low heat until thick. Stir all the time. If you wish, you may add green pepper, parsley, onion, cheese, hard-cooked eggs, or other flavoring.

For a *thin sauce*, use $\frac{1}{4}$ cup White Sauce Mix plus 1 cup water.

For a *thick sauce*, use $\frac{3}{4}$ cup White Sauce Mix plus 1 cup water.

Potato Soup made with Mix

1 teaspoon salt
1 cup water
2 cups finely chopped potatoes
2 tablespoons chopped onion
 $\frac{1}{2}$ cup chopped celery
 $\frac{3}{4}$ cup White Sauce Mix (recipe above)
3 cups liquid (liquid from cooked vegetables plus water)

1. Put the water and salt in a pan. Heat to boiling.
2. Add the vegetables. Cook until tender.
3. Stir the White Sauce Mix into 3 cups of liquid. Cook until slightly thick. Stir all the time.
4. Add cooked vegetables to the white sauce. Heat 3 or 4 minutes.

Makes: 6 servings.

Each serving provides: calories 132; protein $3\frac{1}{2}$ gr.; fat 6 gr.; calcium 82 mg.; iron 5 mg.; vitamin C 11 mg.

