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## Nonfat Dry Milk

Charlotte P. Brennand

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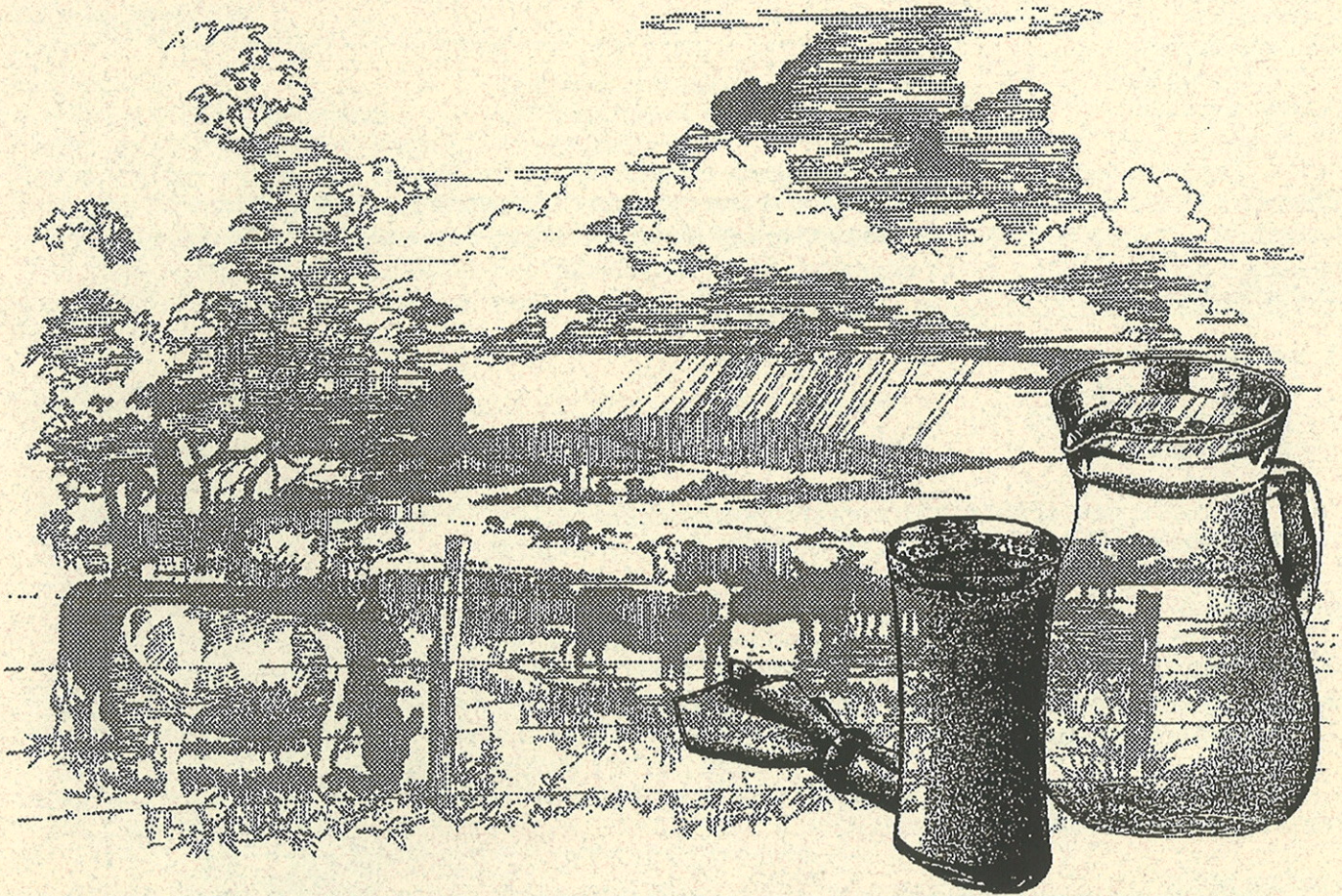
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# NONFAT DRY MILK

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(Revised and updated, Feb. 1991,  
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UTAH STATE UNIVERSITY  
COOPERATIVE EXTENSION SERVICE

## DRINKS

### BUTTERMILK

- 1/2 cup buttermilk
- 3 cups warm water
- 1 cup nonfat dry milk or 1-1/3 cup instant nonfat dry milk

Put buttermilk, water and nonfat dry milk in a big, clean jar and stir or shake until powder is dissolved. Cover the jar with a lid or clean cloth. Let stand at warm room temperature until it clabbers, about 10 hours in the winter or 5 hours in the summer. After it clabbers, store in the refrigerator. Save 1/2 cup to mix buttermilk next time. Buy commercial buttermilk occasionally for a fresh "start."

### COCOA--CHOCOLATE MILK MIX

- 1 cup cocoa
- 3/4 cup sugar
- 1/2 teaspoon salt
- 4 cups dry milk

Combine ingredients and store in tightly covered container. *To use:* For every cup of cocoa or chocolate milk desired, use 1/2 cup mix and one cup water. Combine part of the water with mix to make a smooth paste. Add remaining water and blend well. Heat cocoa or chill for chocolate milk.

### BANANA MILK

- 1 cup water
- 1/4 cup nonfat dry milk
- 2 ripe bananas, mashed
- 1 cup fluid milk

Combine part of water with nonfat dry milk to make a smooth paste. Blend in rest of water. Add bananas and fluid milk; beat until smooth. Chill. Serves six.

### SPICE MILK

- 2 cups nonfat dry milk
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg

- 1 tablespoon sugar
- 1/4 teaspoon salt
- 1 1/2 quarts fluid milk

Combine dry ingredients. Add part of milk to make a smooth paste. Blend in rest of milk; stir until smooth. Serves six.

### GRAPE MILK

- 2 cups water
- 1 cup nonfat dry milk

- 1 cup fluid milk
- 2 1/4 cups grape juice

Combine part of water with nonfat dry milk to make a smooth paste. Blend in rest of water, grape juice, and milk. Chill. Serves six.



## DRINKS

### BUTTERMILK

1/2 cup buttermilk  
3 cups warm water  
1 cup nonfat dry milk or 1-1/3 cup instant nonfat dry milk

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### BANANA MILK

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1/4 cup nonfat dry milk  
2 ripe bananas, mashed  
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### SPICE MILK

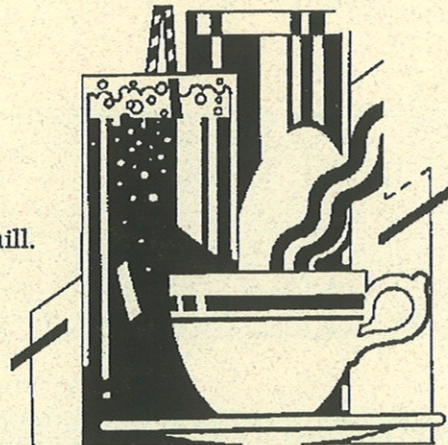
2 cups nonfat dry milk  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1 tablespoon sugar  
1/4 teaspoon salt  
1/1/2 quarts fluid milk

Combine dry ingredients. Add part of milk to make a smooth paste. Blend in rest of milk and stir until smooth. Serves six.

### GRAPE MILK

2 cups water  
1 cup nonfat dry milk  
1 cup fluid milk  
2/1/4 cups grape juice

Combine part of water with nonfat dry milk to make a smooth paste. Blend in rest of water, grape juice, and milk. Chill. Serves six.



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## DESSERTS

### CHOCOLATE PEANUT BUTTER FLOAT

1 tablespoon plus 1 teaspoon cocoa  
2 tablespoons peanut butter  
4 scoops vanilla ice cream  
2 tablespoons water  
1/2 cup nonfat dry milk  
1-1/2 cups water  
2 tablespoons sugar  
dash salt

Mix cocoa, sugar and salt in a small saucepan. Add 2 tablespoons water and blend. Heat over medium high heat until mixture starts to boil, stirring continuously. Lower heat and simmer 2-3 minutes. (If needed, another 1 teaspoon of water may be added to prevent scorching.)

Remove pan from heat. Pour syrup into a blender. Add nonfat dry milk, 1-1/2 cups water and peanut butter to the blender. Blend at high speed briefly. Add 2 scoops of ice cream and blend until just smooth. Pour into 2 serving glasses. Add a scoop of ice cream to each glass. Serve immediately.

### BREAD PUDDING

2 cups milk  
1-1/2 cups soft bread cubes  
1 tablespoon margarine or butter  
1/4 cup sugar  
1/4 teaspoon salt  
1/3 cup raisins or nuts  
2 eggs, beaten

Heat milk; add bread cubes and butter or margarine. Add sugar, salt and raisins or nuts to eggs, then slowly stir in some of the hot milk mixture. Add remainder of hot milk. Pour into a greased baking dish and set in a pan of hot water. Bake at 350° F. 1 hour or until set. Serve immediately. Serves six.

### EASY RICE PUDDING

1/4 teaspoon salt  
2 cups water  
1/4 cup uncooked rice  
1/4 cup raisins  
3/4 cup nonfat dry milk  
1/4 cup sugar  
1 cup water  
3/4 teaspoon vanilla  
Cinnamon or nutmeg, if desired

Add salt to water, bring to a boil, and stir rice into boiling water. Bring back to boiling point and lower heat until the water is just bubbling. Add raisins, cover tightly and cook slowly for 20 minutes. Combine dry milk and sugar, stir into water until mixed. Stir into rice, add vanilla. Simmer 10 minutes or until flavors are blended. Chill. Serve sprinkled lightly with cinnamon or nutmeg, if desired. Makes six servings, approximately 1/2 cup each.

### VANILLA PUDDING MIX

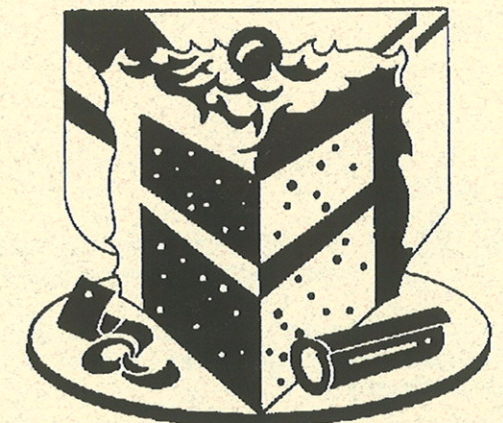
1-1/2 cups sugar  
2-1/2 cups nonfat dry milk  
1-1/4 cups flour  
1 teaspoon salt

Stir the ingredients together until well mixed. Store in a tightly covered container in a cool place. Makes enough mix for 24 servings.

### VARIATIONS:

### CHOCOLATE PUDDING MIX

Add 3/4 cup cocoa and 1/4 cup more sugar to above ingredients before stirring.



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