

# Can-Do Nonfat Dry Milk



## ***Café Mocha***

### **Ingredients**

- ⅓ cup nonfat dry milk
- 1 cup water
- 1 cup coffee (brewed)
- 4 tablespoons hot chocolate mix
- Nonfat whipped topping (optional)
- Cinnamon (optional)

### **Directions**

1. Clean hands and food preparation surfaces.
2. Heat nonfat dried milk powder and water in saucepan until warm; do not boil.
3. Add brewed coffee and hot chocolate mix. Stir well and heat to desired temperature.
4. Divide coffee mixture between two mugs. Top with nonfat whipped topping and cinnamon, if desired.

*Adapted from: [snapedny.org/recipes/cafe-mocha/](http://snapedny.org/recipes/cafe-mocha/)*



**Extension**  
*University of Missouri*



## Potato Soup

### Ingredients

- ½ cup onion, chopped
- ½ cup celery, chopped
- 6 potatoes, peeled and diced into small cubes
- 2 tablespoons margarine or butter
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 cup nonfat dry milk
- 3 cups water
- 2 tablespoons flour

### Directions

1. Clean hands and food preparation surfaces.

2. Melt the margarine or butter in a large saucepan over low heat.
3. Add the onion and celery. Cook for a few minutes.
4. Add the potatoes, salt, pepper and 1 ½ cups water. Cook for 15 minutes until the potatoes are tender.
5. In a small bowl, stir together the dry milk and flour. Add 1 ½ cups water slowly, stirring as you add it.
6. Add the milk mix to the potatoes. Cook until the soup is heated and slightly thickened.
7. Adjust the seasonings to taste.

*Adapted from:* [snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/winter-recipes#recipe-2543](http://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes/winter-recipes#recipe-2543)



## Honey Milk Balls

### Ingredients

- ¼ cup honey (See import safety note below.)
- ¼ cup peanut butter
- ½ cup dry nonfat milk
- ½ cup cereal (crushed)

### Directions

1. Clean hands and food preparation surfaces.
2. Mix honey and peanut butter.
3. Gradually add dry milk and mix well.
4. With lightly greased hands, form mixture into small balls. (Chill briefly in advance for easier handling.)
5. Roll in crushed cereal flakes and chill until firm. Refrigerate leftovers within 2 hours.

Important Safety Note: Honey should not be given to children less than one year of age.

*Adapted from:* [masnaped.org/recipes/honey-milk-balls/](http://masnaped.org/recipes/honey-milk-balls/)





## Nonfat Dry Milk Tips

- Nonfat dry milk is mild that has had the water and most of the fat removed. It is low in cost and helpful to have on hand for cooking and baking.
- It improves texture in baked products and can make breads, cakes and muffins more flavorful and help with browning.
- Dry milk can be stored for long periods without spoiling, making it a convenient option.
- Use the following guide to make dry milk liquid:

To equal this amount of liquid milk	Use this much fresh water	And this much Instant nonfat dry milk powder
¼ cup	¼ cup	1-½ tablespoons
⅓ cup	⅓ cup	2 tablespoons plus 1 teaspoon
½ cup	½ cup	3 tablespoons
1 cup	1 cup	⅓ cup
1 quart	3-¾ cup	1-⅓ cups
2 quarts	7-⅔ cups	2-⅔ cups
1 gallon	15-½ cups	5-⅓ cups

- To reconstitute (turn powder into liquid), use a whisk or blender to thoroughly combine the milk powder and water, ensuring there are no clumps.
- Let the reconstituted milk rest for a short time (30 to 60 minutes) to allow the flavors to blend. Refrigerate for a few hours or overnight for a colder drink.
- Store reconstituted milk in a tight container and give it a good shake before pouring to ensure any settled powder is mixed back in.
- Reconstituted milk can be stored in the refrigerator for 5 to 7 days.
- Tips for using dry or reconstituted milk powder in recipes:
  - Add to dry ingredients when baking biscuits, muffins, pancakes, breads, cookies and cakes. A general guideline is to add 1/4 cup of dry milk for each cup of liquid milk called for in the recipe.
  - Use in soups, sauces, mashed potatoes and other dishes where you'd typically use liquid milk. You can add dry milk to canned soup when reconstituting it or to your favorite sauce recipes.
  - Add to hot cereals before cooking for a creamier texture and added nutrients.
  - Incorporate into cheese sauces or smoothies for extra protein.



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## ***One Pan Macaroni and Cheese***

### **Ingredients**

- 2 cups uncooked macaroni
- ½ cup water
- ⅔ cup nonfat dry milk
- 1 cup diced processed cheese
- Salt and pepper to taste

### **Directions**

1. Cook macaroni according to package directions. Drain and set aside.
2. Mix water and nonfat dry milk in a saucepan. Add cheese and cook over low heat, stirring gently until cheese melts.
3. Add seasonings and cooked macaroni to cheese sauce.

Note: Be creative! Add meat or vegetable leftovers if you want.

*Adapted from:* [greatplainsfoodbank.org/wp-content/uploads/2021/08/Dry-Milk.pdf](http://greatplainsfoodbank.org/wp-content/uploads/2021/08/Dry-Milk.pdf)

