

Instant Nonfat Dry Milk Recipes

Hot Cocoa Mix (Makes about 25 cups of hot cocoa.)

6 cups nonfat dry milk powder	1 1/2 cups powdered sugar
1 cup cocoa powder	3 Tbsp. ground cinnamon (optional)

1. Combine ingredients, mix well.
2. Store in an airtight container.

For 1 serving: Combine 1/3 cup mix with 3/4 cup hot (not boiling) water in a cup or mug. Stir to dissolve mixture.

Nutrition Facts (per serving) - Calories 100 ~ fat 0 g ~ calories from fat 0 ~ sodium 90 mg ~ total carbohydrate 18 g ~ fiber 0 g

Hot Mocha (Serves 2)

1/3 cup nonfat dry milk	1 cup brewed coffee
1 cup water	4 Tbsp. hot cocoa mix (see recipe above)

1. Mix nonfat dry milk and water in a microwave-safe container.
2. Heat milk in microwave until hot; about 1 minute on HIGH. Do not boil.
3. Add coffee and hot cocoa mix. Stir.
4. Heat mocha drink to desired temperature in microwave.

Nutrition Facts (per serving) - Calories 80 ~ fat 0 g ~ calories from fat 0 ~ sodium 150 mg ~ total carbohydrate 12 g ~ fiber 0 g

Salmon Loaf (Serves 4)

1 can (15 1/2 oz.) chunk salmon	2/3 cup dry milk
2 cups soft bread crumbs	2 eggs, slightly beaten
1 small onion, chopped	1 Tbsp. lemon juice
1 Tbsp. butter, melted	1 tsp. dried parsley
1/4 cup celery, finely chopped	1/2 to 1 cup water

1. Preheat oven to 325° F.
2. Drain salmon and remove skin, if desired. Mash bones with meat and mix with bread crumbs, onion, butter, celery, dry milk, egg, lemon and parsley.
3. Add enough water so that mixture is moist but not runny. Place in a lightly oiled 9-by-5-inch loaf pan.
4. Bake for about 45 minutes.

Nutrition Facts (per serving) - Calories 320 ~ fat 13 g ~ calories from fat 120 ~ sodium 840 mg ~ total carbohydrate 19 g ~ fiber 2 g

Vegetables & White Sauce (Serves 6)

2 Tbsp. butter/margarine	1/3 cup nonfat dry milk powder
2 Tbsp. flour	1/2 tsp. onion powder
1 cup water	3 cups cooked vegetables

1. Melt butter/margarine in a skillet over medium-high heat. Stir in flour.
2. Add water slowly, stirring constantly.
3. Add dry milk and onion powder. Stir until smooth.
4. Add cooked vegetables and cook on low until heated through.

Nutrition Facts (per serving) - Calories 100 ~ fat 4 g ~ calories from fat 35 ~ sodium 120 mg ~ total carbohydrate 12 g ~ fiber 3 g

Meat Loaf (Serves 6)

1/3 cup water	1 egg
2/3 cup nonfat dry milk powder	1/2 tsp. salt
2 slices of bread, cubed	1/2 tsp. garlic powder
1 small onion, finely chopped	1 lb. ground beef

1. Preheat oven to 350°F.
2. In a large bowl combine water and nonfat dry milk.
3. Add bread cubes, onion, egg, salt, and garlic powder. Mix well.
4. Add ground beef and mix well.
5. Pat mixture into a loaf pan and bake for about 50 minutes or until internal temperature reaches 160°F.

Nutrition Facts (per serving) - Calories 240 ~ fat 14 g ~ calories from fat 130 ~ sodium 340 mg ~ total carbohydrate 9 g ~ fiber < 1 g

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## ***Recipe Tips for Using Instant Nonfat Dry Milk (NFDM)***

|                        |   |                                                             |
|------------------------|---|-------------------------------------------------------------|
| <b>Baking</b>          | - | Add 2 Tablespoons NFDM for each cup of flour.               |
| <b>Cooked cereals</b>  | - | Add 2 Tablespoons NFDM for each 1/2 cup of dry cereal.      |
| <b>Milkshakes</b>      | - | Add 1 to 2 Tablespoons NFDM.                                |
| <b>Coffee or tea</b>   | - | Use NFDM in place of non-dairy coffee creamer.              |
| <b>Canned soups</b>    | - | Add 1/2 cup NFDM + 10 3/4-oz. canned soup + 1 can of water. |
| <b>Mashed potatoes</b> | - | Add 1/4 cup NFDM for each serving of mashed potatoes.       |



The Food Stamp Program can help you buy nutritious foods. To find out more, call Oregon SafeNet at 1-800-SAFENET (723-3638) or (503) 988-5858 in the Portland metro area. This material was funded in part by USDA's Food Stamp Program. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. © 2007 Oregon State University. Oregon State University Extension Service cooperating. Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, or disabled veteran or Vietnam-era veteran status. Oregon State University Extension Service is an Equal Opportunity Employer.