



Stocking up on Dry Milk

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One of the grocery items people stock up on for emergencies is dry milk. If you have dry milk in your cupboard and you're stuck at home, you're in luck. It's easily reconstituted into fluid milk for use on cereal, in your coffee or in any recipe calling for milk. It's one of the most nutrient dense foods containing protein, carbohydrates, lots of calcium, vitamins A & D, just to name a few.

Typically, non-fat dry milk is available, but you can purchase whole dry milk, however it has a shorter storage life by half after opening. Non-fat dry milk powder will be good for 24 months when stored at 70°F, or up to 48 months when stored at 50°F. Refrigeration will extend the storage life further. This assumes the milk powder is stored in a moisture proof container, such as the original packaging, or in a sealed plastic or glass container after opening. Adding oxygen absorbing packets to your container or vacuum sealing it will double its storage life as well. Dry milk should also be protected from light which can breakdown vitamins A and D, so if the container is transparent place it in another bin or paper bag. For longer storage, up to 20 years, purchase canned powdered milk that has been processed to remove the greatest amount of oxygen.

As a beverage, mix up your milk a day ahead and refrigerate it, so it will be good and cold for drinking. Add a dash of nutmeg or a drop of vanilla for flavor, if desired. Combine your reconstituted milk with equal amounts of whole or 2% milk to improve the flavor and cut down on the amount of fluid milk you need to buy. You can also stir dry milk directly into your skim milk to give it more body, flavor and nutrients.

Besides the obvious uses of dry milk, it can be used in a wide range of recipes, and added to recipes that might not usually call for it to boost the nutritional value, such as in the Meat Loaf recipe below.

In cooking use premixed powdered milk in any recipe that calls for milk. Or add dry milk powder directly to the dry ingredients in a recipe then be sure to add the needed water to the liquid ingredients.

Source: Michigan State University Extension, https://www.canr.msu.edu/resources/using_and_storing_nonfat_dry_milk_e1703

Non-Fat Dry Milk Recipes

Cocoa or Chocolate Milk Mix

4 cups powdered milk, 1 cup cocoa, ½ teaspoon salt, ¾ cup sugar, combine and store in airtight container. To make 1 cup hot cocoa add ½ cup mix and 1 cup hot water mix well. To make chocolate milk stir the mix with a little water to make a smooth paste then add the rest of the water.

Homemade Pancake Mix

from allrecipes

5 cups all-purpose flour

1 ¼ cups powdered milk

¼ cup white sugar

¼ cup baking powder

1 tablespoon salt

Combine all ingredients in a large bowl; stir to blend. Store mixture in an airtight container; use within 8 months.

To Make Pancakes or Waffles

2 cups pancake mix

1 cup water

1 egg

2 tablespoons oil (for waffles use 3 tablespoons)

Stir until smooth. Makes 8 4" pancakes or 4 large waffles.

<https://www.allrecipes.com/recipe/230202/homemade-pancake-mix/>



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Cream Soup Mix

from Taste of Home

2 cups nonfat dry milk powder

$\frac{3}{4}$ cup cornstarch

1 teaspoon onion powder $\frac{1}{2}$ teaspoon dried thyme

$\frac{1}{2}$ teaspoon dried basil

$\frac{1}{4}$ teaspoon pepper

In a large bowl, combine all ingredients. Store in an airtight container in your cupboard.

To use as a substitute for condensed cream soup, whisk $\frac{1}{3}$ cup mix and 1- $\frac{1}{4}$ cups water in a small saucepan until smooth. Bring to a boil over medium heat. Cook and stir for 2 minutes or until thickened.

Source: <https://www.tasteofhome.com/recipes/cream-soup-mix/>

Pudding Mix

1- $\frac{1}{2}$ cups sugar

1- $\frac{1}{2}$ cups corn starch

7 cups nonfat dry milk solids

Combine ingredients thoroughly and store in covered container. To prepare pudding, use $\frac{3}{4}$ cup pudding mix to 1- $\frac{1}{4}$ cup water. Add water gradually, stirring until smooth. Bring to a boil over medium heat. Add $\frac{1}{4}$ teaspoon vanilla. *Makes 3 to 4 servings.*

Whipped topping

$\frac{1}{2}$ cup ice cold water, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup powdered milk, 2 tablespoons lemon juice. Put water in ice-cold bowl (put bowl and beaters in the freezer for a few minutes before starting) Add milk and beat with cold beaters until stiff. Add sugar slowly while beating then add lemon juice and beat just until mixed.

Peanut Butter-Raisin Chews

1 cup peanut butter

1 cup corn syrup or honey

1 cup dry milk

1 cup raisins (optional, or nuts may be substituted)

$\frac{1}{2}$ cup confectioner's (powdered) sugar (optional)

Mix corn syrup or honey and peanut butter in a bowl. Add dry milk, $\frac{1}{4}$ cup powdered sugar, if desired, and raisins. Mix well. Roll into balls and chill. May be rolled in remaining $\frac{1}{4}$ cup powdered sugar or in coconut or chopped nuts. Store in refrigerator or may be frozen. These store best if wrapped in small pieces of waxed paper or plastic wrap. *Makes about 50 balls.*

Meatloaf

1 cup nonfat dry milk

1 cup bread crumbs

1 pound ground beef

1 small onion, chopped

1 egg

$\frac{1}{4}$ cup catsup

dash of pepper

Mix all ingredients. Shape and place in loaf pan. Bake in oven at 350°F for one hour. *Makes 6 to 8 servings.*

Source: Michigan State University Extension, https://www.canr.msu.edu/resources/using_and_storing_nonfat_dry_milk_e1703