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new
to Frances
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1 to Mrs. Lou

HOW TO MIX NONFAT DRY MILK



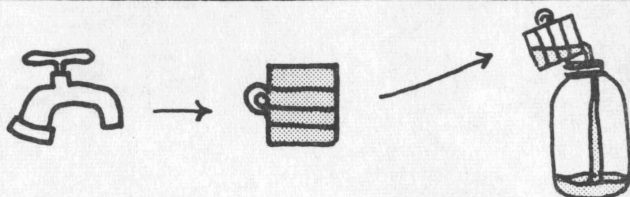
WHAT YOU USE: nonfat dry milk
water

TEXAS A&M UNIVERSITY
TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. Hutchison, Director, College Station, Texas

HOW TO MIX PLAIN NONFAT DRY MILK

You get this milk in commodity foods.
This recipe makes 1 quart.

1

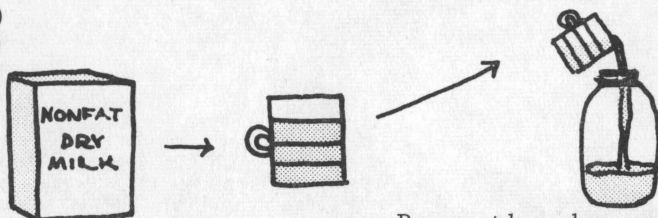


Warm water

1 cup

Pour the water in a jar or bowl.

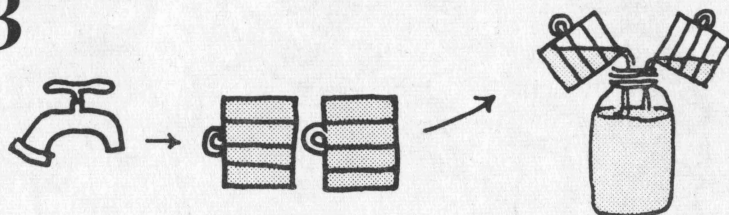
2



Nonfat dry milk $\frac{3}{4}$ cup. Stir until smooth.

Pour the dry milk in the water.

3



Warm water - 2 cups.

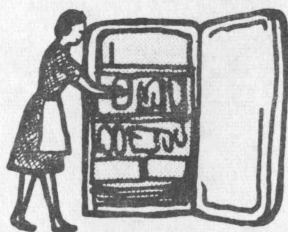
Pour the water in the jar or bowl.

4



Beat or shake until well mixed.

5



Keep milk in the refrigerator. Milk tastes better when cold.

HOW TO MIX INSTANT NONFAT DRY MILK

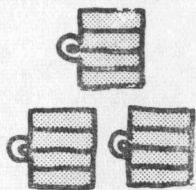
This recipe makes 1 quart.

Instant is light in weight. You have to use more of it.

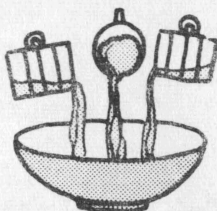
1



Cool or cold
water

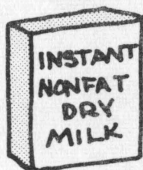


- 3 cups

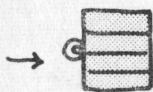


Pour the water in
a bowl or jar.

2



Instant nonfat
dry milk -

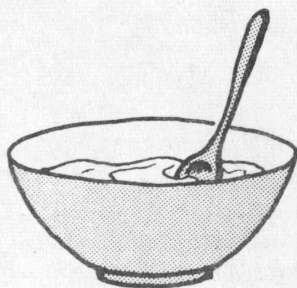


1 cup



Pour the dry milk in
a bowl or jar.

3



Stir or shake until
well mixed.

4



Keep in the
refrigerator. Milk
tastes better when cold.

EVERY DAY

Adults need 2 cups of milk.

Children need 3 cups.

Teen-agers need 4 cups.

Mothers-to-be need 4 cups.

Nursing mothers need 6 cups.

To mix 1 gallon of plain nonfat dry milk.

In Step 1, use 4 cups of warm water.

In Step 2, use 3 cups of nonfat dry milk.

In Step 3, use 8 cups of warm water.

To mix 1 gallon of instant nonfat dry milk.

In Step 1, use 12 cups of cool or cold water.

In Step 2, use 4 cups of instant nonfat dry milk.

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