

# HOW TO MIX INSTANT NONFAT DRY MILK



WHAT YOU USE: instant nonfat dry milk  
water

THE TEXAS A&M UNIVERSITY SYSTEM  
TEXAS AGRICULTURAL EXTENSION SERVICE  
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# HOW TO MIX INSTANT NONFAT DRY MILK

This recipe makes 1 quart.

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



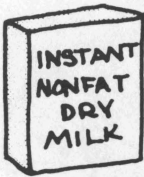
Cool or cold  
water



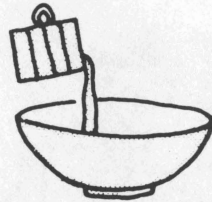
- 3 cups



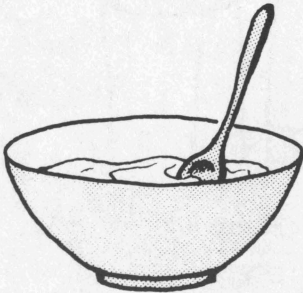
Pour the water in  
a bowl or jar.



Instant nonfat  
dry milk - 1 cup



Pour the dry milk in  
a bowl or jar.



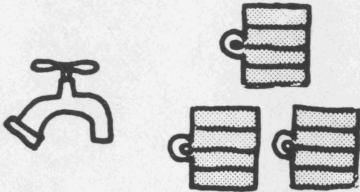
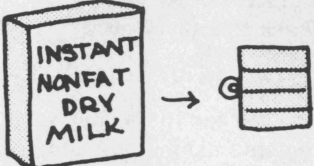






Stir or shake until  
well mixed.



Keep in the  
refrigerator. Milk tastes  
better when cold.

# HOW TO MAKE BUTTERMILK

This recipe makes 3½ cups.

 <p>Warm water 3 cups</p>	 <p>Instant nonfat dry milk 1 cup</p>
 <p>Pour the milk and water into a jar.</p>	 <p>1/3 cup buttermilk</p>
 <p>Add 1/3 cup buttermilk to the milk and water.</p>	 <p>Stir until mixed.</p>
 <p>Let stand at room temperature 8 hours.</p>	 <p>Keep milk in the refrigerator. Milk tastes better when cold.</p>

## 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 GET MORE MILK

You can add to the milk value in many foods that contain fluid milk by adding nonfat dry milk powder. Try this when preparing soups, mashed potatoes, cereals and other cooked foods. If you add 1/3 cup nonfat dry milk powder to each cup of fluid milk, you will get about twice as much milk value as when fluid milk alone is used.

## MASHED POTATOES

4 medium potatoes, peeled	½ cup fluid milk + 3
2 cups boiling water	tablespoons nonfat
½ teaspoon salt	dry milk powder,
salt & pepper to taste	mixed well
3 tablespoons butter or margarine	

Add potatoes, water and salt and boil until tender. Drain and mash. Add the combined fluid and nonfat milk, a little at a time, and beat until potatoes are white and fluffy. Season with salt and pepper to taste and beat in the butter or margarine.

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