

# MILK, NONFAT, DRY NON-INSTANT

for use in the USDA Household  
Commodity Food Distribution Programs

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## Product Description

Dry (non-instant) pasteurized skim milk is made by removing water from pasteurized skim milk. It contains no added preservatives. It is U.S. Extra Grade and is not fortified with Vitamins A and D.

## Pack/Yield

Non-instant Nonfat Dry Milk is packed in 2-pound packages.

## Storage

- Store nonfat dry milk off the floor in a cool, dry place until ready to use.
- Store opened nonfat dry milk in a tightly covered container. When exposed to the air and moisture, it becomes lumpy and the flavor changes.
- After mixing with water, cover milk and refrigerate. Handle and treat the same as fresh fluid milk. Use within 3 to 5 days.

## Uses and Tips

Use reconstituted nonfat dry milk in place of fresh milk in recipes such as breads, cakes, soups, gravies, sauces, mashed potatoes, and custards.

## Preparation

- When nonfat dry milk is specified in recipes such as bread, biscuits, muffins, and cakes which contain large portions of dry ingredients, the nonfat dry milk may be mixed with the other dry ingredients. The water for

**(See recipes on reverse side)**



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reconstitution may be added to the liquid ingredients.

- Use nonfat dry milk as directed in recipes requiring dry or reconstituted milk or as a substitute in a cooked product when fresh milk is specified.
- Because this milk is **non-instant**, it does not mix easily for drinking purposes.

## Nutrition Information

- Nonfat dry milk is a good source of calcium.
- A 7/8 ounce (3 tablespoon) measure of nonfat dry milk, which is the required amount of nonfat dry milk to make 1 cup reconstituted skim milk, provides 1 serving from the **MILK, YOGURT, AND CHEESE GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size 1 cup (252ml) reconstituted skim milk	
Amount Per Serving	
<b>Calories</b> 81	Fat Cal 1
% Daily Value*	
<b>Total Fat</b> 0.1g	<b>0%</b>
Saturated Fat 0.1g	<b>0%</b>
<b>Cholesterol</b> 4mg	<b>1%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 11g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Protein</b> 8g	
Vitamin A 0%	Vitamin C 2%
Calcium 28%	Iron 0%
*Percent Daily Values are based on a 2,000-calorie diet.	

## Hot Cocoa

1/3 cup cocoa powder  
1/3 cup sugar  
6 cups water  
2 cups nonfat dry milk  
1/2 teaspoon vanilla

1. Mix cocoa and sugar in a saucepan.
2. Stir in 1 cup of water until smooth. Heat to boiling and simmer 5 minutes.
3. Remove from heat and add rest of water.
4. Sprinkle dry milk on top and beat until smooth.
5. Heat, but do not boil.
6. Add vanilla.

**Makes 6 servings**

### Nutrition Information for each serving of Hot Cocoa:

Calories	164	Cholesterol	4mg	Sugar	22 g	Calcium	286 mg
Calories from Fat	18	Sodium	132 mg	Protein	9 g	Iron	.8 mg
Total Fat	2.0 g	Total Carbohydrate	27 g	Vitamin A	176 RE		
Saturated Fat	.2 g	Dietary Fiber	0 g	Vitamin C	1 mg		

## Vanilla Cream Pudding

2 tablespoons cornstarch  
1/4 cup sugar  
1 egg  
2 cups reconstituted nonfat dry milk  
1 tablespoon butter  
1 teaspoon vanilla

1. Mix cornstarch and sugar in a saucepan.
2. Beat egg in a separate bowl. Add, with milk to cornstarch and sugar mixture.
3. Cook and stir, over medium heat, until mixture is smooth and thickened. Cook for 1 minute.
4. Blend in butter and vanilla. Cool.

**Makes 6 1/3-cup servings**

### Nutrition Information for each serving of Vanilla Cream Pudding:

Calories	156	Cholesterol	44 mg	Sugar	19 g	Calcium	283 mg
Calories from Fat	27	Sodium	155 mg	Protein	9 g	Iron	.2 mg
Total Fat	3.0 g	Total Carbohydrate	22 g	Vitamin A	195 RE		
Saturated Fat	1.6 g	Dietary Fiber	0 g	Vitamin C	1 mg		

## White Sauce Mix

1 cup flour  
1 cup butter  
1 1/2 cups nonfat dry milk

1. In a large bowl, cut butter into flour with two knives or a pastry blender until mixture resembles fine crumbs.
2. Place in an airtight container and label: "White Sauce Mix".
3. Store in refrigerator. Use within 2 months.

**Makes about 3 1/2 cups of mix.**

### TO MAKE BASIC Medium WHITE SAUCE:

1. Combine in a saucepan: 1/2 cup WHITE SAUCE MIX and 1 cup cool water. (For thinner white sauce decrease the mix to 1/4 cup, for thicker white sauce increase mix to 3/4 cup).
2. Cook over low heat until smooth, stirring constantly. Makes about 1 1/2 cups sauce.

Use to make Cheese Sauce by adding 1/2 - 1 cup shredded cheese. Can also be used as a base to make cream soups: add chopped vegetables, chopped poultry, etc.

**Recipe provided by Jim Speir's Cooking Page**

**Makes 12 2-Tablespoon servings of White Sauce**

### Nutrition Information for each 2 Tablespoon serving of White Sauce:

Calories	30	Cholesterol	6 mg	Sugar	0 g	Calcium	15 mg
Calories from Fat	21	Sodium	30 mg	Protein	0 g	Iron	0 mg
Total Fat	2.3 g	Total Carbohydrate	1 g	Vitamin A	30 RE		
Saturated Fat	1.4 g	Dietary Fiber	0 g	Vitamin C	0 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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