

# MILK, NONFAT, DRY INSTANT

for use in the USDA Household  
Commodity Food Distribution Programs

Revised: 9/25/02

## Product Description

Instant nonfat dry milk is made by removing water from pasteurized skim milk. It contains no added preservatives. It is U.S. Extra Grade and is fortified with Vitamins A and D.

## Pack/Yield

Instant nonfat dry milk is packed in 25.6 ounce (1 lb 9.6 ounce) packages. One package makes 32 cups reconstituted fluid skim milk.

## Storage

- Store nonfat dry milk off the floor in a cool, dry place.
- Store opened nonfat dry milk in a tightly covered container. When exposed to the air and moisture, it becomes lumpy and the flavor changes.
- Because the milk has been treated with a steam process to create large, porous, free-flowing particles, it mixes readily in water. 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. It is also suitable to use as a beverage. Try adding a tablespoon of nonfat dry milk to smoothies for a creamy treat with added protein.

## Preparation

- To reconstitute one cup nonfat dry milk, combine 1/3 cup nonfat dry milk powder with 1 cup water and mix well.
- When nonfat dry milk is specified in recipes such as bread, biscuits, muffins, and cakes that contain large portions of dry ingredients,



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the nonfat dry milk may be mixed with the other dry ingredients. The water for 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.

## Nutrition Information

- Instant nonfat dry milk is an excellent source of calcium and protein and a good source of Vitamin A.
- 1/3 cup instant nonfat dry milk powder or 1 cup reconstituted fluid skim milk provides 1 serving from the **MILK, YOGURT, AND CHEESE GROUP** of the Food Guide Pyramid.

*(See recipes on reverse side)*

<b>Nutrition Facts</b>			
Serving size 1 cup (252ml) reconstituted skim milk			
<b>Amount Per Serving</b>			
<b>Calories</b>	80	<b>Fat Cal</b>	0
<b>% Daily Value*</b>			
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
<b>Cholesterol</b>	5mg		<b>1%</b>
<b>Sodium</b>	125mg		<b>5%</b>
<b>Total Carbohydrate</b>	12g		<b>3%</b>
Dietary Fiber	0g		<b>0%</b>
<b>Protein</b>	8g		
Vitamin A	10%	Vitamin C	2%
Calcium	28%	Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet.			

## Corn Bread

1½ cups all-purpose flour  
 1 cup corn meal  
 ½ cup sugar  
 ½ cup instant nonfat dry milk powder  
 1 tablespoon baking powder  
 1½ cups water  
 ¼ cup oil  
 1 egg, beaten (or ¼ cup egg mix + ¼ cup water)

1. Preheat oven to 400°F.
2. Combine flour, cornmeal, sugar, dry milk, and baking powder in a large bowl; stir well.
3. Mix in water, oil, and egg *just* until blended.
4. Pour into a greased, or sprayed, 9x9 inch pan.
5. Bake for 20-25 minutes until toothpick inserted in center comes out clean.
6. Cut 3 by 3 to make nine servings. Serve warm.

*Recipe provided by Washington State Dairy Council*

**Makes 9 servings**

### Nutrition Information for each serving of Corn Bread:

Calories	240	Cholesterol	25 g	Sugar	13 g	Calcium	106 mg
Calories from Fat	70	Sodium	170 mg	Protein	5 g	Iron	1 mg
Total Fat	7 g	Total Carbohydrate	39 g	Vitamin A	43 RE		
Saturated Fat	1.5 g	Dietary Fiber	1 g	Vitamin C	0 mg		

## Rice-Cheese Casserole

2 eggs, slightly beaten (or ½ cup egg mix + ½ cup water)  
 1 tablespoon margarine or butter, melted  
 2 cups water  
 2 cups cooked rice  
 1 cup soft bread crumbs (1½ slices bread)  
 1 cup instant nonfat dry milk powder  
 1 cup shredded American cheese  
 1 tablespoon dried minced onion

1. Preheat oven to 325°F.
2. Mix all ingredients together in a large bowl.
3. Spread in a greased, or sprayed, 8x8 inch pan or 2-quart casserole.
4. Bake for 40-50 minutes until center is set and top turns golden brown.

*Recipe provided by Washington State Dairy Council*

**Makes 9 servings**

### Nutrition Information for each serving of Rice-Cheese Casserole:

Calories	160	Cholesterol	60 mg	Sugar	4 g	Calcium	186 mg
Calories from Fat	60	Sodium	270 mg	Protein	8 g	Iron	0.5 mg
Total Fat	7 g	Total Carbohydrate	16 g	Vitamin A	124 RE		
Saturated Fat	4 g	Dietary Fiber	0 g	Vitamin C	0 mg		

## Banana Bread

1 cup all-purpose flour  
 ⅓ cup instant nonfat dry milk powder  
 1 teaspoon baking powder  
 ¼ teaspoon cinnamon  
 1 egg (or ¼ cup egg mix + ¼ cup water)  
 1 cup mashed ripe bananas (about 2 medium)  
 ½ cup sugar  
 ¼ cup oil  
 ½ cup chopped walnuts (optional)

1. Preheat oven to 350°F.
2. In a medium bowl, stir together flour, dry milk, baking powder, and cinnamon.
3. In a large bowl, beat eggs, bananas, sugar, and oil.
4. Add flour mixture to egg and banana mixture. Stir until just blended. Stir in nuts, if desired.
5. Pour into greased, or sprayed, 9x5x3 inch loaf pan.
6. Bake 60-70 minutes until a wooden toothpick inserted near center comes out clean.
7. Cool in pan for 10 minutes; then remove to wire rack to cool completely.
8. Slice loaf down the center and cut into 1" pieces.

*Recipe provided by Washington State Dairy Council*

**Makes 18 servings**

### Nutrition Information for each serving of Banana Bread:

Calories	90	Cholesterol	10 mg	Sugar	8 g	Calcium	27 mg
Calories from Fat	30	Sodium	30 mg	Protein	1 g	Iron	1 mg
Total Fat	3.5 g	Total Carbohydrate	14 g	Vitamin A	15 RE		
Saturated Fat	0.5 g	Dietary Fiber	0 g	Vitamin C	1 mg		

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

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