

USE DRY SKIM MILK

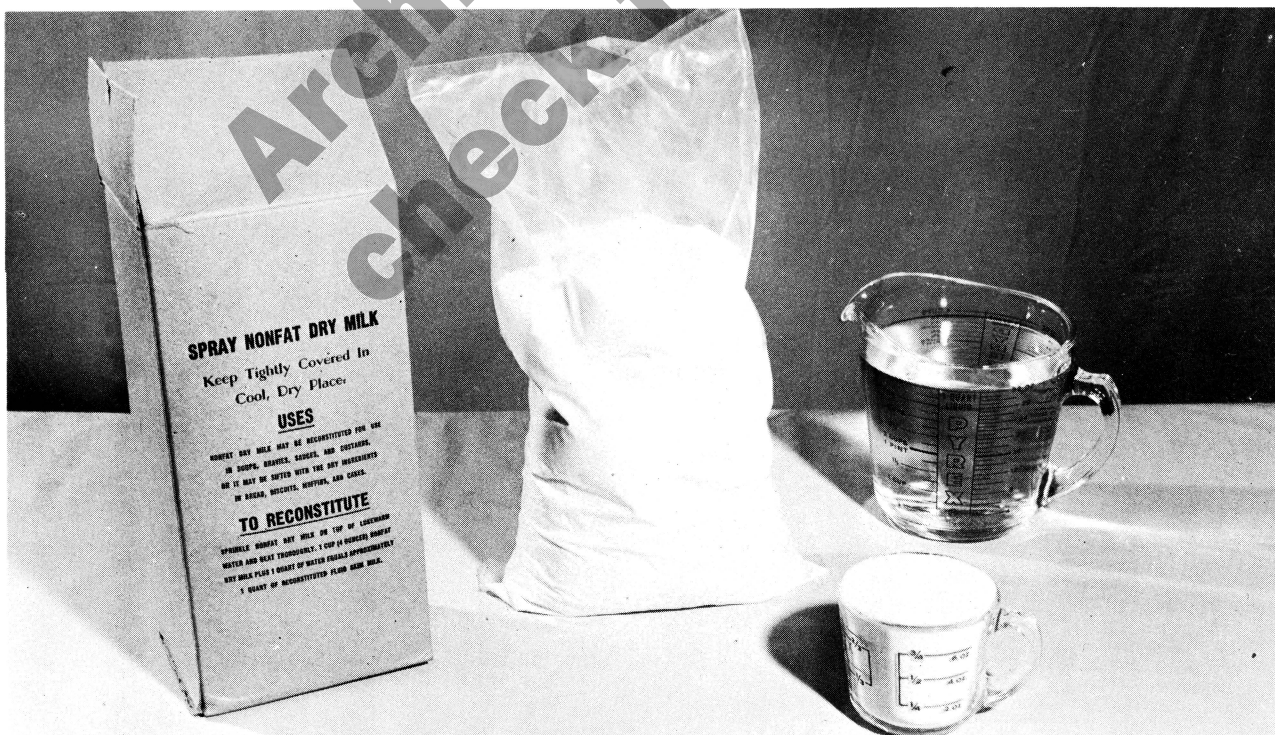
For Drinking For Cooking

DRY SKIM MILK IS SKIM MILK WITH THE WATER TAKEN OUT.

SOME DRY MILK IS CALLED INSTANT DRY MILK. IT IS MADE SO IT WILL DISSOLVE EASIER. NEARLY ALL SKIM MILK YOU BUY IN THE STORE IS INSTANT.

TO MAKE FLUID MILK FROM DRY SKIM MILK FOLLOW THE DIRECTIONS ON THE PACKAGE. THEN USE IT AS FRESH MILK FOR DRINKING OR COOKING.

DRY SKIM MILK MAY ALSO BE USED FOR MANY COOKED FOODS JUST AS IT COMES FROM THE BOX.



- **DRY SKIM MILK DISSOLVES FASTER IN LUKE-WARM WATER.**
- **MILK MADE WITH DRY SKIM MILK TASTES BETTER IF CHILLED IN THE REFRIGERATOR SEVERAL HOURS.**
- **AFTER DRY MILK HAS BEEN MIXED WITH WATER, KEEP IT COLD AND COVERED.**

FOR A CHANGE TRY SPICED MILK TO DRINK OR TO POUR OVER FRUIT FOR DESSERT.

SPICED MILK (6 SERVINGS)

1½ CUPS DRY MILK

½ TEASPOON CINNAMON

½ TEASPOON NUTMEG

1 TABLESPOON SUGAR

¼ TEASPOON SALT

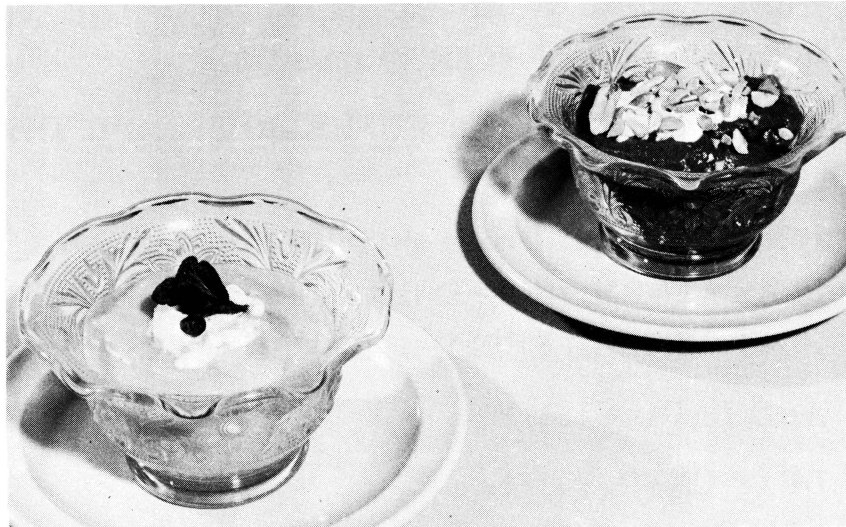
6 CUPS WATER



**MIX EVERYTHING EXCEPT THE WATER.
THEN PUT THEM IN THE WATER AND BEAT,
STIR, OR SHAKE UNTIL SMOOTH.**

**YOU WILL FIND OTHER RECIPES IN THE FOLDER
“MILK IS FOR EVERYONE”. YOU MAY GET THIS
AT YOUR UNIVERSITY EXTENSION CENTER.**

YOU CAN USE DRY SKIM MILK IN COOKIES, BISCUITS, CAKES, AND PUDDINGS WITHOUT FIRST MAKING IT FLUID. YOU MIX THE DRY MILK WITH THE FLOUR AND OTHER DRY INGREDIENTS. THEN ADD WATER OR OTHER LIQUID.



THERE ARE MANY GOOD IDEAS FOR CASSEROLES AND PUDDINGS IN THE BULLETIN "USING NONFAT DRY MILK IN HOME PREPARED FOODS." YOU MAY GET THIS AT YOUR UNIVERSITY EXTENSION CENTER.

FOR EXTRA FOOD VALUE DRY SKIM MILK CAN BE ADDED TO GROUND MEAT, MILK DRINKS, FRUIT DRINKS, GRAVY, SAUCES, AND SOUPS.



DRY SKIM MILK CAN BE WHIPPED LIKE CREAM.

¼ CUP DRY SKIM MILK

1 TABLESPOON LEMON JUICE

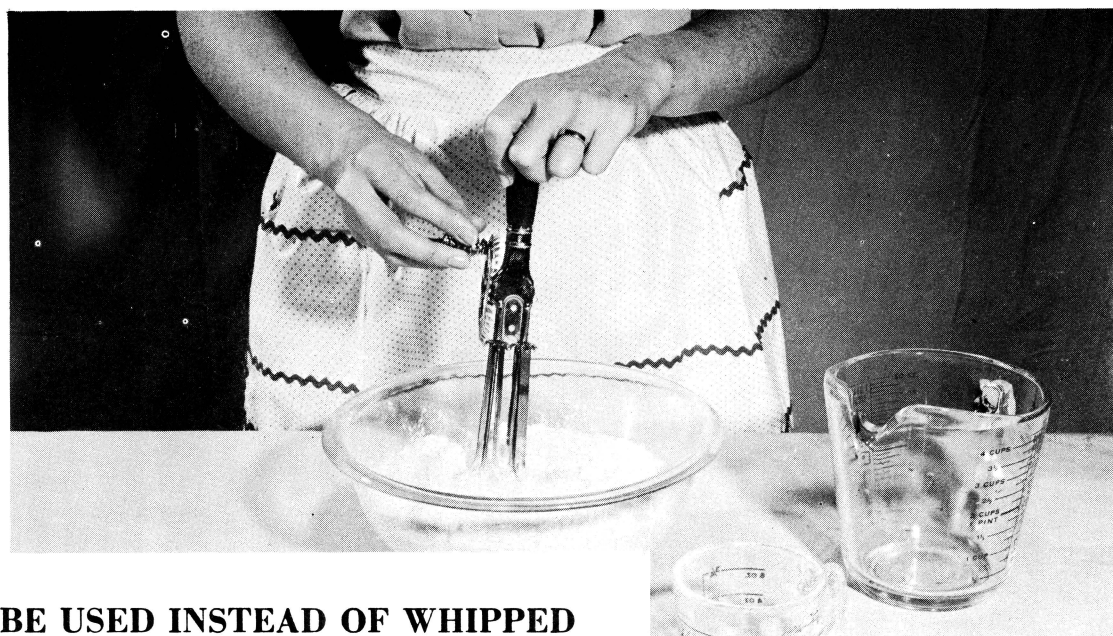
¼ CUP ICE WATER

2 TABLESPOONS SUGAR

USE A DEEP, NARROW BOWL. HAVE THE BOWL AND THE BEATER VERY COLD.

- 1. PUT THE ICE WATER IN THE BOWL. ADD THE DRY SKIM MILK,**
- 2. BEAT AS RAPIDLY AS POSSIBLE UNTIL SOFT PEAKS FORM. (IF USING AN ELECTRIC MIXER, BEAT AT HIGH SPEED 3 TO 4 MINUTES.)**
- 3. ADD LEMON JUICE.**
- 4. BEAT UNTIL STIFF.**
- 5. FOLD IN SUGAR.**

THIS MAKES 1½ CUPS.



NOTE: THIS MAY BE USED INSTEAD OF WHIPPED CREAM IN SALADS AND DESSERTS. IT WILL NOT HOLD UP AS LONG AS WHIPPED CREAM. IF PUT ON TOP OF DESSERTS, USE WITHIN 1 HOUR AFTER IT IS WHIPPED.

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