

HOW TO MIX NONFAT DRY MILK



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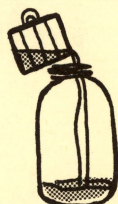
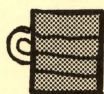
MP 44/567/5M
University of Missouri
Extension Division

HOW TO MIX PLAIN NONFAT DRY MILK

You get this milk in commodity foods.

This recipe makes 1 quart.

1

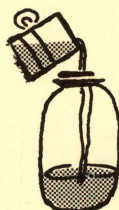
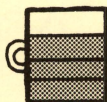
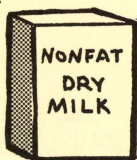


Warm water

1 cup

Pour the water in a jar or bowl.

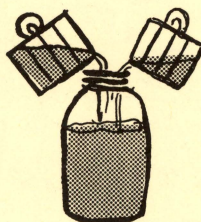
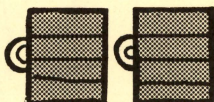
2



Nonfat dry milk - $\frac{3}{4}$ cup.

Pour the dry milk in the water. Stir until smooth.

3



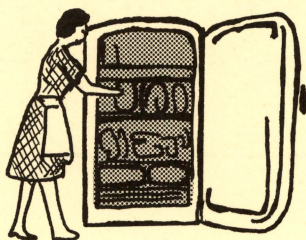
Warm water - 2 cups.

Pour the water in the jar or bowl.

4



5



Beat or shake until well mixed. Put a lid on it.

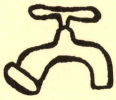
Keep milk in the refrigerator. Milk tastes better when cold.

HOW TO MIX INSTANT NONFAT DRY MILK

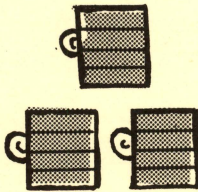
This recipe makes 1 quart

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

1



Cool or cold
water -

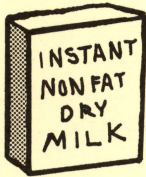


3 cups



Pour the water in a
bowl or jar.

2



Instant nonfat
dry milk -



1 cup



Pour the dry milk in the
bowl or jar.

3



Stir or shake until well
mixed. Pour it in a jar.
Put a lid on it.

4



Keep milk 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.

Faye Culver Thurston
Specialist, Educational Methods

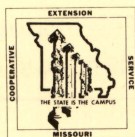
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