

Recipes Using Nonfat Dried Milk



Nonfat Dried Milk Smoothie

You will need:

1/3 cup Nonfat Dried Milk	1/3 cup frozen orange juice concentrate	1 cup water
4 - 6 ice cubes, partially crushed	1 - 2 tsp. sugar, optional	1/2 tsp. vanilla
2/3 cup frozen mango or other frozen fruit of choice; slightly thawed		

Instructions:

- In a blender, mix 1/3 cup Nonfat Dried Milk with 1 cup water.
- Add orange juice concentrate and crushed ice cubes. Mix in blender with the milk and water.
- Add slightly thawed mango slices, vanilla and sugar. Blend ingredients until smooth. Serve right away.

Nonfat Dried Milk Biscuits

You will need:

3/4 cup Nonfat Dried Milk	2 cups all-purpose flour	1 tsp. salt
3 tsp. baking powder	1/4 cup oil	1 cup or less water
		extra flour for rolling out dough

Instructions:

- In a large bowl, mix all dry ingredients and blend well. Make a hole in the dry mixture.
- Add oil and 1/2 to 3/4 of the water. Add more water if needed to make the dough tacky.
- Place dough on a floured surface and knead dough until it is no longer tacky.
- Flatten dough with your hands until it is about 1 inch thick. Use a 2 1/2 inch biscuit or cookie cutter.
- Lightly dust the cutter and cut straight down into the batter without twisting.
- If you do not have a cookie cutter, you could pinch dough with your fingers and shape into a biscuit.
- Drop the dough onto a baking sheet either lined with parchment paper or lightly oiled.
- Bake at 375 degrees F in a preheated oven for about 18 minutes or until golden brown on top.
- Serve warm with butter, jam, honey, or gravy.

Nonfat Dried Milk Meatloaf

You will need:

1/3 cup Nonfat Dried Milk	1 1/2 pounds 85% lean ground beef	1 (15 oz.) can crushed tomatoes
1/2 cup old fashioned oats	3 cloves garlic, pressed or minced	1 tbsp. Worcestershire sauce
1 tsp. salt	1 tsp. pepper	1 cup minced yellow onion
2 tbsp. light brown sugar	1 tbsp. red wine vinegar	1/3 cup ketchup

Instructions:

- Preheat oven to 350 degrees F. In a bowl, use your hands to mix the first 9 ingredients together.
- Do not over mix the ingredients. On a 9 x 13 in. baking dish, dump the mixture into a pile.
- Shape the meat into a 9 x 5 in. rectangular loaf. You could also use an 8 x 4 inch loaf pan.
- In a small bowl, mix the ketchup, brown sugar and red wine vinegar together until smooth.
- Spread the glaze evenly over the top of the loaf. Bake for 1 hour or until center is cooked.
- Let the meatloaf rest for 10 minutes and then slice into thick pieces and serve.

Nonfat Dried Milk Fried Chicken

You will need:

1 $\frac{1}{2}$ cups Nonfat Dried Milk 1 tbsp. paprika 2 tsp. poultry or Italian seasoning
 $\frac{1}{4}$ tsp. pepper 4 boneless, skinless chicken breast halves

Instructions:

- Preheat oven to 350 degrees F. Combine first four ingredients in a large resealable plastic bag.
- Add chicken, one piece at a time, and shake to coat.
- Place in an 8-inch square baking pan that has been coated with cooking spray.
- Bake, uncovered, for 30 minutes or until juices run clear.

Nonfat Dried Milk Bundt Cake

You will need:

1 cup Nonfat Dried Milk 2 eggs 1 tsp. vanilla extract
1 cup vegetable oil 1 cup powdered sugar $\frac{1}{2}$ cup water
1 cup all-purpose flour 1 tbsp. baking powder caramel sauce for drizzle
cut up fresh fruits of choice

Instructions:

- Preheat oven to 350 degrees F. Grease and flour a Bundt pan.
- Place Nonfat Dried Milk in a skillet over medium heat.
- Stir constantly and roast the milk until it is evenly toasted and brown.
- Break up large chunks when stirring. Remove from pan. Place in a bowl.
- In another bowl, mix vanilla and eggs until foamy.
- Add oil and water, mix well. Mix in the sugar. In a separate bowl, mix the flour and baking powder.
- Add them to the egg mixture and beat until the flour disappears.
- Add the toasted milk, mixing well until everything is well combined.
- Pour batter into the prepared Bundt pan. Bake 25 - 30 minutes until done.
- Take cake out of oven and let it stand for 2 - 3 min. until able to handle well.
- Flip cake out of cake pan. Serve with drizzled caramel sauce, fresh fruit, and whipped cream.

Nonfat Dried Milk Peanut Butter Balls

You will need:

2 tbsp. Nonfat Dried Milk 1 cup oatmeal $\frac{1}{2}$ cup peanut butter
 $\frac{1}{2}$ cup honey $\frac{1}{2}$ tsp. vanilla extract $\frac{1}{2}$ cup mini dark chocolate chips, optional
sweetened coconut flakes, crushed salted peanuts, and/or mini M&Ms for coating

Instructions:

- In a medium bowl, add together all ingredients except those for the coating.
- Stir together until well mixed. Wrap dough in plastic wrap and place in refrigerator for about 1 hour.
- Roll dough into approximately 18 balls. Eat them as is or roll them in coconut, peanuts, or M&Ms.

Quick Tips for Creamier Recipes

- For creamier oatmeal, add 3 tablespoons of nonfat dried milk to each $\frac{1}{2}$ cup oatmeal prior to cooking. Use the same amount of water as called for in package instructions.
- Add $\frac{1}{4}$ cup nonfat dried milk to each cup of fluid milk or water when making puddings, custards, gravies and sauces.
- Add $\frac{1}{4}$ cup nonfat dried milk for every pound of ground meat when making meatloaf or meatballs.
- Make your own Sweetened Condensed Milk (14 oz. can) by combining $\frac{1}{2}$ cup hot water, 1 cup nonfat dried milk, 1 cup sugar and 1 tablespoon butter. Blend VERY WELL in a blender.
- Add nonfat powdered milk when making mashed potatoes. Use $\frac{1}{3}$ cup for 4 servings.
- Add $\frac{1}{2}$ cup powdered dry milk per can of condensed soup when making casseroles such as tuna and noodles with cream of mushroom soup.