

Recipes Using Instant Nonfat Dried Milk



Neighbors Inc., South St. Paul, MN 55105

Creamy Dried Milk Smoothie

You will need:

1 1/3 cup Instant Nonfat Dried Milk	1 1/3 cups fruit, frozen or canned (drained)
1/2 cup water	1/2 cup ice cubes, partially crushed
1/2 tsp. vanilla	1 - 2 tsp. sugar, optional

Instructions:

- Place fruit, dried milk, water, ice, sugar and vanilla in blender.
- Cover. Blend until smooth.
- You could make an orange smoothie by substituting 1/2 cup frozen orange juice for the frozen fruit.

Easy Pancake Mix

You will need:

3/4 cup Instant Nonfat Dry Milk	4 1/2 cups all-purpose flour	1/3 cup granulated sugar
2 tbsp. baking powder	1 tbsp. baking soda	1 1/2 tsp. salt
1/2 cup water	1/2 cup ice cubes, partially crushed	1 - 2 tsp. sugar, optional

Instructions:

- In a large mixing bowl, stir together flour, powdered milk, sugar, baking powder and salt.
- Preheat nonstick griddle to a medium high heat.
- For every 1 cup of pancake mix, whisk with 3/4 cup water.
- 1 cup of mix makes 3 - 4 pancakes. Scoop 1/4 cup of pancake batter onto the griddle.
- Let pancakes cook until bubbles form before flipping. Flip and cook on other side.
- Serve hot with syrup.

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.

Cream of Anything Soup

You will need:

4 cups Nonfat Dried Milk 1.5 cups cornstarch $\frac{1}{2}$ cup chicken bouillon
4 tsp. dried onion flakes 2 tsp. dried basil 2 tsp. dried thyme 1 tsp. pepper

Instructions:

- Measure all ingredients and place in a bowl. Stir well.
- Use a food processor to grind ingredients into a fine powder. Store in a lidded container until needed.
- When you need a can of soup, heat one cup of water on the stove. Add $\frac{1}{3}$ cup of dry mix.
- Cook over low heat until thick, stirring occasionally. Using a whisk helps ingredients mix better.
- If you want a specific kind of cream of anything soup, add 1 one the following: $\frac{1}{2}$ cup diced mushrooms, $\frac{1}{2}$ cup diced celery, $\frac{1}{2}$ cup shredded cheese, $\frac{1}{2}$ cup cooked, shredded or cubed chicken.

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 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 tbsp. of nonfat dried milk for each $\frac{1}{2}$ cup oatmeal prior to cooking. Use the same amount of water as called for in package instructions.
- Add $\frac{1}{2}$ nonfat dried milk for every pound of ground meat when making meatloaf or meatballs.
- Add nonfat powdered milk when making mashed potatoes. Use $\frac{1}{3}$ cup for 4 servings.