



# HEALTHY WAYS DRY MILK



## Tips!

### Nutrition Facts

- 1 cup prepared instant non-fat dry milk (1/3 cup dry milk + 1 cup water) provides 1 serving from the dairy group of MyPlate.
- 1 serving of instant dry milk provides 30% of the recommended daily amount of calcium and 10% of the recommended daily amount of vitamin A.

### Storage

- Unopened packages– cool, clean, dry place.
- After opening– tightly covered container or sealable plastic bag.
- Prepared milk– covered in the refrigerator for up to 5 days.

### Usage Ideas

- Enjoy a prepared glass of dry milk as a beverage.
- Use it in any recipe calling for milk! This could include breads, cakes, casseroles, soups, mashed potatoes and desserts!
- Add 1-2 tbsp of dry milk to smoothies to thicken it up and add a creamier result.
- Use in coffee or tea as a healthier substitute for cream or creamer.

## RECIPES

### Vegetable Cheese Soup\*

#### **Ingredients:**

- |   |   |
|---|---|
| 1 cup instant dry milk                  | 1/2 tsp curry powder (optional)           |
| 2 cups water                            | 1 cup water                               |
| 3 cups canned mixed vegetables, drained | 1 1/2 tbsp cornstarch                     |
| 1/4 cup onion, chopped                  | 1/2 cup Swiss or cheddar cheese, shredded |

#### **Directions:**

1. Bring 2 cups of water to a boil in a medium pot. Add vegetables and onions. If using curry powder, add to pot. Cook, covered until onion is almost soft.
2. In a medium bowl, mix dry milk, 1 cup of water, and cornstarch together until smooth. Add to pot.
3. Cook over medium heat, stirring often, until thickened.
4. Add cheese and stir until melted. Add more water if soup is too thick.
5. Serve, and enjoy!

### Peach Smoothie Pops\*

#### **Ingredients:**

- |  |                 |
|--|-----------------|
| 1 1/3 cups instant dry milk powder             | 1 cup ice cubes |
| 4 cups (2 (15oz) cans) canned peaches, drained | 3 tbsp sugar    |
| 1 cup water                                    |                 |

#### **Directions:**

1. Place all ingredients into a blender, cover, and blend until smooth.
2. Pour into popsicle molds and insert sticks, or pour into ice cube trays and place toothpicks in each cube.
3. Freeze until solid and enjoy!

\*USDA recipe



# MAKE IT A MEAL: RECIPES



## Homemade Hot Cocoa Mix

### Ingredients:

2/3 cup sugar  
1/3 cup cocoa  
Pinch of salt

4 cups dry milk  
16 oz instant coffee creamer  
Storage jar or canister

### Directions:

1. Mix all ingredients in a big bowl! Store in jar or canister. Makes 16 servings.
2. To make hot cocoa, fill mug with water and heat in the microwave. Add 3-5 tbsp of mix to the mug and stir well.

## Peanut Butter Balls

### Ingredients:

1 cup peanut butter  
1/2 cup dry milk powder  
1/2 cup raisins

1/4 cup honey  
1/4 cup graham cracker crumbs

### Directions:

1. In a large bowl, mix the peanut butter, dry milk powder, raisins and honey.
2. Scoop the mixture into 1 inch balls.
3. Roll the balls in the graham cracker crumbs till fully covered
4. Refrigerate for 1 hour.

## Creamy Tomato Soup

### Ingredients:

1 (14.5oz) can diced tomatoes, undrained  
2 tbsp mined parsley (or 1 tsp dried parsley)  
1 tbsp chopped onion (or 1 tsp onion powder)  
3/4 tsp dried basil  
1/2 tsp salt

1/2 tsp black pepper  
1/4 cup tomato paste  
3/4 cup dry milk powder  
3 tbsp all purpose flour  
2 cups milk

### Directions:

1. In a large saucepan, combine the tomatoes, parsley, onion, basil, salt and pepper and bring to a boil. Reduce heat, simmer uncovered for 10 minutes.
2. Stir in tomato paste until blended. In a small bowl, combine milk powder and flour; stir in milk until smooth, Gradually stir into soup. Cook and stir until thickened and heated through.

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# 1-888-544-8773



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