



Instant Nonfat Dry Milk Recipes

Hot Cocoa Mix (Makes about 25 cups of hot cocoa.)

6 cups nonfat dry milk powder
 1 cup cocoa powder
 1 1/2 cups powdered sugar
 3 Tbsp. ground cinnamon (optional)



1. Combine ingredients, mix well.
2. Store in an airtight container.

For 1 serving: Combine 1/3 cup mix with 3/4 cup hot (not boiling) water in a cup or mug. Stir to dissolve mixture.

NUTRITION FACTS (per serving) - Calories 100 ~ fat 0 g ~ calories from fat 0 ~ sodium 90 mg ~ total carbohydrate 18 g ~ fiber 0 g

Hot Mocha Serves 2.

1/3 cup nonfat dry milk
 1 cup water
 1 cup brewed coffee
 4 Tbsp. hot cocoa mix (see recipe above)



1. Mix nonfat dry milk and water in a microwave-safe container.
2. Heat milk in microwave until hot; about 1 minute on HIGH. Do not boil.
3. Add coffee and hot cocoa mix. Stir.
4. Heat mocha drink to desired temperature in microwave.

NUTRITION FACTS (per serving) - Calories 80 ~ fat 0 g ~ calories from fat 0 ~ sodium 150 mg ~ total carbohydrate 12 g ~ fiber 0 g

Salmon Loaf Serves 4.

1 can (15 1/2 oz.) chunk salmon
 2 cups soft bread crumbs
 1 small onion, chopped
 1 Tbsp. butter, melted
 1/4 cup celery, finely chopped
 2/3 cup dry milk
 2 eggs, slightly beaten
 1 Tbsp. lemon juice
 1 tsp. dried parsley
 1/2 to 1 cup water



1. Preheat oven to 325° F.
2. Drain salmon and remove skin, if desired. Mash bones with meat and mix with bread crumbs, onion, butter, celery, dry milk, egg, lemon and parsley.
3. Add enough water so that mixture is moist but not runny. Place in a lightly oiled 9-by-5-inch loaf pan.
4. Bake for about 45 minutes.

NUTRITION FACTS (per serving) - Calories 320 ~ fat 13 g ~ calories from fat 120 ~ sodium 840 mg ~ total carbohydrate 19 g ~ fiber 2 g

Vegetables & White Sauce Serves 6.

2 Tbsp. butter/margarine 1/3 cup nonfat dry milk powder
2 Tbsp. flour 1/2 tsp. onion powder
1 cup water 3 cups cooked vegetables

1. Melt butter/margarine in a skillet over medium-high heat. Stir in flour.
2. Add water slowly, stirring constantly.
3. Add dry milk and onion powder. Stir until smooth.
4. Add cooked vegetables and cook on low until heated through.

NUTRITION FACTS (per serving) - Calories 100 ~ fat 4 g ~ calories from fat 35 ~ sodium 120 mg ~ total carbohydrate 12 g ~ fiber 3 g

Meat Loaf Serves 6.

1/3 cup water 1 egg
2/3 cup nonfat dry milk powder 1/2 tsp. salt
2 slices of bread, cubed 1/2 tsp. garlic powder
1 small onion, finely chopped 1 lb. ground beef

1. Preheat oven to 350°F.
2. In a large bowl combine water and nonfat dry milk.
3. Add bread cubes, onion, egg, salt, and garlic powder. Mix well.
4. Add ground beef and mix well.
5. Pat mixture into a loaf pan and bake for about 50 minutes or until internal temperature reaches 160°F.

NUTRITION FACTS (per serving) - Calories 240 ~ fat 14 g ~ calories from fat 130 ~ sodium 340 mg ~ total carbohydrate 9 g ~ fiber < 1 g

Recipe Tips for Using Instant Nonfat Dry Milk (NFDM)

Baking - Add 2 Tablespoons NFDM for each cup of flour.
Cooked cereals - Add 2 Tablespoons NFDM for each 1/2 cup of dry cereal.
Milkshakes - Add 1 to 2 Tablespoons NFDM.
Coffee or tea - Use NFDM in place of non-dairy coffee creamer.
Canned soups - Add 1/2 cup NFDM + 10 3/4-oz. canned soup + 1 can of water.
Mashed potatoes - Add 1/4 cup NFDM for each serving of mashed potatoes.



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