Nonfat Dry Milk

Nonfat dry milk isn’t just for making milk! It’s also great for cooking with, using as a coffee creamer, or even making your own hot cocoa mix (see the recipe on the back of this sheet!)

Dry milk is a great way to add calcium and protein into your food. It helps you to make soups thicker and creamier.

**Tips for Use:**
- Add dry milk powder to hot drinks instead of creamer.
- Add powder to soups and casseroles to add calcium, protein, and body.
- Mix 1 to 2 tablespoons dry milk powder with ½ cup peanut butter for a more nutritious spread.
- Mix into hot cereal for a creamier texture.
- Add ¼ - ½ cup powder per pound of meat to meat loaf or hamburgers.
- 1 cup dry milk mixed with 2/3 cup water is equal to 1 can of evaporated skim milk.

Most people know that calcium helps your bones, But did you know that it also can help ....

- Protect against colorectal cancer!
- Protect children from lead poisoning!
- Control blood pressure!