

# 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  $\frac{1}{2}$  cup peanut butter for a more nutritious spread.
- Mix into hot cereal for a creamier texture.
- Add  $\frac{1}{4}$  -  $\frac{1}{2}$  cup powder per pound of meat to meat loaf or hamburgers.
- 1 cup dry milk mixed with  $\frac{2}{3}$  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!

