

630.71
Or3e1
no.826
c.3

Document
collection

Oregon
State

OREGON STATE LIBRARY
Documents Section

NOV 10 1971



Discard
Dry MILK
in Every Meal

Milk Will Help Keep Your Family Healthy

Milk is good for everyone. It is a nearly perfect food. Milk has many things in it to keep you healthy. Dry milk is the same as liquid milk except the water and cream have been taken out.



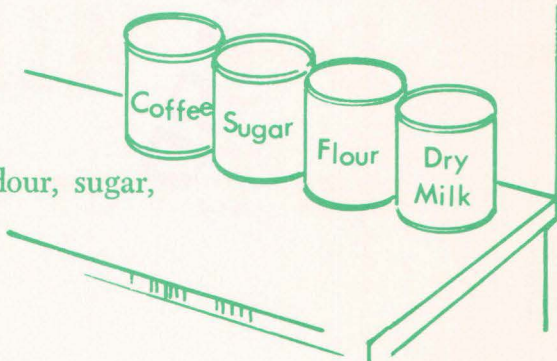
- Use dry milk as it comes from the package.
- It's easy to sift the dry milk with the flour, salt, and sugar in a recipe.
- Then add water instead of liquid milk in the recipe.

Dry Milk Tips

- Keep fire low when cooking.
- Keep dry milk dry.
- Keep dry milk handy.

Store Dry Milk

- in jar or can with tight-fitting cover.
- in kitchen beside flour, sugar, coffee.
- away from heat.



Scrambled Eggs For Four

- Mix together in bowl:

4 eggs
½ cup dry milk
½ cup water
½ teaspoon salt
Dash of pepper



- Melt 1 tablespoon butter in skillet. Pour in egg mixture. Cook over low heat, stirring until eggs are solid.

Hot Oatmeal For Four

- In small bowl, mix:

½ cup oatmeal
½ cup dry milk
½ teaspoon salt

- Slowly stir mixture into:
1½ cups boiling water

- Cook over low to medium heat. Stir until thick.



Dry Milk and Regular Milk Mix (to make regular milk go farther)

- Fill quart jar half full of warm water.
- Add ½ cup dry milk.
- Put cover on jar and shake until lumps are gone.
- Remove cover and fill jar with regular milk.
- Cover jar and cool before drinking.

Recipes Using Nonfat Dry Milk

Meat Loaf

- Mix together in bowl:

- 2 lbs. ground beef
- $\frac{1}{2}$ cup dry milk
- 2 teaspoons salt
- 1 egg
- 1 cup tomatoes (soup, catsup, or canned tomatoes)
- 1 cup dry oatmeal
- 1 small onion cut into small pieces



- Make into loaf. In 350° oven, bake uncovered in pan for 1 hour.

Mashed Potatoes

- Peel and cook potatoes.
- Pour off cooking water and save it.
- Add $\frac{1}{4}$ cup dry milk for each cup of potatoes.
- Add some of water that potatoes were cooked in.
- Mash and beat potatoes until fluffy.
- Season with salt, pepper, and butter.



Peanut Butter Kisses for Dessert or Snack

- Mix together in bowl:

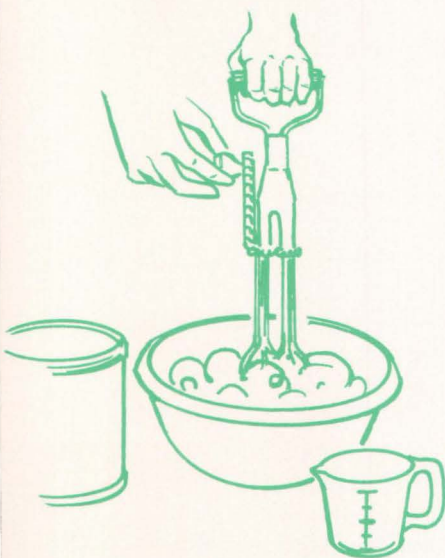
- 1 cup peanut butter
- 2 cups dry milk
- 1 cup jam or honey

- Shape mixture into long roll. Cut roll into bite-size pieces.



Use dry milk to make liquid milk your family will enjoy. Your family will like cold milk. Always store liquid milk in the refrigerator.

There are differences between kinds of dry milk. **ALWAYS CHECK DIRECTIONS** on the package for the amount of dry milk needed to make 1 quart of liquid milk.



For 1 quart of liquid milk:

- Put 1 quart slightly warm water in bowl.
- Sprinkle dry milk on water.
- Beat until all lumps are gone and milk is smooth.
- Cool milk thoroughly in refrigerator before serving.

Or Mix Like This:

For 1 quart of liquid milk:

- Fill quart jar nearly full of slightly warm water.
- Add dry milk.
- Cover jar tightly and shake until all lumps are gone and milk is smooth.
- Cool milk thoroughly in refrigerator before serving.



Dry Milk Is A Food Bargain

- It tastes good
- Is easy to store
- Adds food value to meals.
- Is less fattening than whole milk.
- Helps stretch food dollars.
(A quart of mixed dry milk costs 10 to 15 cents or less.)

A Good Health Habit

Drink milk every day:

- Adults—at least 2 glasses
- Teens—4 or more glasses
- Child—3 or more glasses

Prepared by Verna A. Mikesh, extension specialist, nutrition, and Leona S. Nelson, extension specialist, information. Reprinted with permission of the Cooperative Extension Service, University of Minnesota, St. Paul, Minnesota.

Cooperative Extension Service • Oregon State University

Extension Bulletin 826

May 1971

Cooperative Extension work in Agriculture and Home Economics, Lee Kolner, director, Oregon State University and the U. S. Department of Agriculture cooperating. Printed and distributed in furtherance of Acts of Congress of May 8 and June 30, 1914.