



# **“The Wooden Spoon”**

*A cooking school dedicated to providing instruction on using  
basic food commodities.*

## **Section 5**

**Powdered Milk**

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# Powdered Milk

Nonfat powdered milk, instant or regular, is an excellent storage item. It contains all the nutrients, except fat, found in fresh milk. It is one of the richest sources of absorbable calcium. It is also high in protein, potassium, riboflavin, and vitamins A, D, and B12, all essential to optimal health.

## Nonfat Dry Milk

Regular and instant nonfat dry milk are made from skim milk that has been dried by spraying into hot air. Instant milk is regular milk that has been further processed, causing it to clump together, resulting in a product that is easier to reconstitute with water than is regular nonfat dry milk. They both have the same nutrient composition. Regular nonfat dry milk is more compact, therefore requires less storage space; however, it is harder to reconstitute. The most common type of dried milk found in grocery stores is instant nonfat dry milk.

## Powdered Milk Storage

The following storage times and temperatures are based on nonfat dry milk (instant or regular) stored at different temperatures and in unopened packages, with either nitrogen or carbon dioxide to replace the air in the package. Storage times are shorter for products stored in paper or cardboard packages.

50° - 48 months

70° - 24 months

90° - 3 months

## Making Fluid Skim Milk

Dry milk can be mixed quickly with water to make fluid skim milk. Measure the powdered milk into a bowl and add about half of the water needed. Stir, shake, beat with a wire whip, or beat with a mixer on slow speed to disperse milk. Add enough water to make the amount of milk desired. Non-instant milk powder is easier to disperse if the water is slightly warm but not hot.

## Drinking Powdered Milk

The best way to use powdered milk is to reconstitute it and drink it. To accustom your family to dry milk, start by mixing a small amount of reconstituted milk with fresh, whole milk. Gradually increase the amount of reconstituted milk until you are mixing it half and half (or more).

### *Hints for Drinking Powdered Milk:*

- Mix the milk the night before you use it.
- Try adding 1½ tsp. sugar or 1 tsp. vanilla to enhance the flavor

- Be sure the milk is well chilled.

### **Cooking with Powdered Milk**

Keep a container of reconstituted milk in your refrigerator. Whenever a recipe calls for milk, use your powdered milk instead of fresh.

Add extra nutritive value to your cooked foods by using powdered milk as follows:

- In any baked-good recipe calling for milk, add the dry milk to other dry ingredients. Sift to blend the milk; then add water for the milk in the recipe.
- Ground Meats—Use  $\frac{1}{2}$  to  $\frac{3}{4}$  cup dry milk to each pound of meat. Mix with meat, fluids, or crumbs.
- Cooked Cereals—Before cooking, add  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of dry milk to each cup of cereal.
- Mashed Vegetables—Beat 6 to 8 T. of dry milk into each 2 cups of mashed cooked vegetables, such as potatoes, squash, sweet potatoes, or turnips. Add enough cooking liquid or water to make them light and fluffy.
- Sauces, Gravies, Soups, Custards—Add 4 T. dry milk to each cup of milk or add  $\frac{1}{2}$  cup instant nonfat dry milk to each cup of water or broth.
- Milk Shakes or Drinks—Add 2 T. dry milk to each cup of fresh fluid milk.

### **How Much Powdered Milk to Store**

Guidelines recommend 64 quarts, or 16 pounds, per family member per year.

Equivalent to approximately one glass of milk a day, that amount maintains *minimum* health standards. However, the needs of children and pregnant or nursing mothers require more than the minimum amount of stored milk.

A recommendation is that families that store only the minimum 16 pounds of milk per person should increase storage of grains from the recommended 300 pounds per person to 400 pounds per person, to compensate nutritionally for this change. Also, evaporated milk and hot cocoa mix can be stored as part of the milk requirement.

### **How to Determine if Milk is Past its Prime Shelf Life**

Milk develops off-flavors as it ages. However, it still retains some nutritional value, and unless spoilage has occurred from moisture, insects, rodents, or contamination, it is still safe to use.

### **What to Do with Milk that is Too Old to Drink**

Think of milk in terms of optimal shelf life rather than waiting until it is too old to use. Use older nonfat dry milk in cooking, as long as it has been protected from spoilage. If powdered milk has spoiled, use it as fertilizer in the garden.

## Reconstituting Dry Milk

Use This Much Dry Milk			
Amount Needed	<i>Instant</i>	<i>Non-Instant</i>	<i>Water</i>
1 quart	1 1/3 cups	3/4 cups	3 3/4 cups
1 pint	2/3 cups	3/8 cup (about 1/3)	3/4 cups + 2 Tbsp.
1 cup	1/3 cup	3 tablespoons	Scant cup
1/2 cup	3 tablespoons	1 1/2 tablespoons	1/2 cup
1/4 cup	1 1/2 tablespoons	2 teaspoons	1/4 cup

## Substitutions Using Powdered Milk

### Whole Milk

1 cup water 1/3 cup powdered milk - *instant*

### Buttermilk

1 cup water 1 T. vinegar or lemon juice  
 1/3 cup powdered milk - *instant*

### Evaporated Milk

Double the amount of dry milk powder - *instant*

### Condensed Milk

1/2 cup hot water 1 cup powdered milk - *instant*  
 1 cup sugar

Blend thoroughly in blender. Can be stored in refrigerator or frozen.

## Sweetened Condensed Milk

*Makes about 14 oz.*

1 $\frac{1}{3}$  cups instant nonfat dry milk,  
(or  $\frac{3}{4}$  cup non-instant)  
 $\frac{3}{4}$  cup sugar

$\frac{1}{2}$  cup boiling water  
2 Tablespoons butter or margarine

Melt butter in boiling water. Stir in sugar. Place in blender and with blender going, add dry milk. Blend until smooth.

## Other Powdered Milk Recipes

### Hot Cinnamon Milk Mix

*Carol Mullan, Friend, Dec. 1993, p.34*

2 cups powdered milk  
1 cup powdered creamer

1 cup sugar  
 $\frac{1}{2}$  tablespoon cinnamon

Mix all the ingredients together. Put into a jar or other container with a lid, wrap or decorate, attach the instructions below with Christmas ribbon, and give as a gift.

**To use:** Fill a mug one-third full with the mix. Add vanilla to taste. While stirring, add boiling water.

### Hot Caramel Milk Mix

$\frac{1}{2}$  c. caramel pudding mix (pg. 12)  
 $\frac{1}{2}$  c. powdered milk

$\frac{1}{2}$  c. nondairy creamer  
 $\frac{1}{8}$  c. vanilla powder

Combine all ingredients in jar or vacuum seal bag. **To use:** add 1 to 2 T. of mix to a mug of hot water.

### Hot Chocolate Mix

3 $\frac{1}{3}$  c. Nestles Quik  
1 $\frac{3}{4}$  c. nondairy creamer

10 $\frac{2}{3}$  c. dried milk  
 $\frac{1}{2}$  c. powdered sugar

Mix together and store in airtight container. **To use:** add  $\frac{1}{3}$  cup for each cup hot water for hot chocolate.

## Strawberry Shake

Makes 2 servings

½ cup sliced strawberries  
¾ cup orange juice

¼ cup nonfat dry milk  
4 ice cubes

Put strawberries in blender and liquefy. Add remaining ingredients and blend until mixture is smooth.

## Creamsicle Drink Mix

1 part orange-flavored instant drink  
mix

1 part powdered milk  
2 parts instant vanilla pudding

**To use:** stir 2 tablespoons of Creamsicle Drink Mix into 1 cup of cold water.

## Orange Julius

⅓ cup fruit drink mix  
2 T. honey  
1 tsp. vanilla

½ cup powdered milk  
2 cups water  
12-16 ice cubes

Put all ingredients in a blender and whip together. Serve immediately. Can add fresh or frozen fruit.

## Pre-soaked Wheat Blender Pancakes or Crepes

You don't have to have a wheat grinder to make these pancakes. Just soften the wheat and let the blender do the rest. This recipe has no oil or fat.

1 cup wheat  
1 cup milk  
1½ tablespoons honey

3 eggs  
½ teaspoon salt  
½ teaspoon baking powder

Cover wheat with about 1 cup of water and soak in the refrigerator overnight. Then drain the softened wheat well; blend with the milk in a blender for 4 minutes. Add the honey, eggs, salt, and baking powder and blend 3 more minutes. Cook on a hot frying pan or griddle. Serve while hot. Makes 10-12 large pancakes. For crepes, try with a strawberry or fruit filling or chicken or seafood in a cream sauce.

## Whole Wheat Pancake Master Mix

24 c. whole wheat flour  
8 T. baking powder  
2¼ cups powdered eggs

4 T. salt  
4 cups dry milk

Mix ahead and store in cool dry place.

### To use mix:

Stir until just mixed, 2 cups dry pancake mix and 2½ cups water (more for thinner batter.) Add 2 T. oil. Cook on moderately hot, lightly greased griddle, turning when edges are set.

## Fruit Syrup for Pancakes

Bring to boil, stirring constantly:

½ cup sugar  
2 cups water

3 T. cornstarch

Add:

2 cups sliced peaches or other fruit. Simmer until thickened. Serve hot.

*Can use peaches canned in syrup & you just add cornstarch & cook*

## Basic White Sauce

1 cup flour  
1 cup margarine powder

4 tsp. salt  
2½ cups nonfat dry milk

Mix ingredients. Store in the refrigerator. **To prepare:** blend ⅓ cup mix with 1 cup cold water or broth. Add liquid slowly. Heat to boiling, stirring constantly, until thick.

## Cheese Sauce Mix

4½ cups cheese powder  
2⅔ cups powdered milk  
2⅔ cups dehydrated butter powder

2⅔ cups flour  
2 teaspoons onion powder

**To use:** Combine:

1 cup hot tap water

½ cup Cheese Sauce Mix

Bring to a boil, stirring with a wire whisk. For a touch of color, add parsley flakes.

## Low-Fat Cream Soup Mix

*(This recipe replaces 9 cans of condensed creamed soups)*

2 cups instant dry milk (or 1¼ cups non-instant)	2 tablespoons onion flakes
¾ cup cornstarch	1 teaspoon basil
¼ cup chicken bouillon granules	1 teaspoon thyme
	½ teaspoon pepper

Combine all ingredients and mix. Store in airtight container until ready to use.

### To Substitute for 1 can condensed soup:

Combine ⅓ cup dry mix (¼ cup, if made with non-instant dry milk) and <sup>1¼</sup>~~¾~~ cup cool water or liquid from vegetables. Cook over medium heat, stirring until thickened. Add thickened mixture to casseroles as you would a can of soup.

**For variations:** add vegetables, pasta, rice, or chopped cooked meat.

## Potato Soup Mix Recipe

1¾ cup instant mashed potatoes	1 tsp. dried parsley
1½ cup nonfat dry milk	¼ teaspoon dried whole thyme
2 Tbs. instant chicken bouillon	¼ tsp. ground white pepper
2 tsp. dried minced onion	⅛ tsp. turmeric
1½ tsp. seasoned salt	

Combine all ingredients in a large bowl, mixing until completely blended. Store in airtight container. Makes about 2½ cups mix. **To Serve:** Place ¼ cup soup mix in a soup bowl or mug. Add 1 cup boiling water and stir until smooth. Let soup sit 1 to 2 minutes to thicken slightly.

## Broccoli Soup

*Serves 8 cups*

3 cups broccoli, chopped	½ t. salt
½ cup celery, diced	2 pinches pepper
½ cup onion, chopped	2 pinches thyme, ground
2 cups chicken broth	4 cups water
¾ cup dry milk powder	½ to 1 cup cheese, cheddar or Swiss, grated
4 T. cornstarch	

Place veggies and broth in saucepan. Bring to a boil, reduce heat, cover, and cook until veggies are tender, about 8 minutes. Mix dry milk, cornstarch, salt, pepper, and thyme; mix into water; add to cooked vegetables. Cook, stirring constantly (or it will scorch), until soup is slightly thickened and mixture just begins to boil. Remove from heat, add cheese, and stir until melted.



## Biscuit Mix

10 cups flour  
1 $\frac{2}{3}$  cup nonfat dry milk  
 $\frac{1}{3}$  cup baking powder

2 $\frac{1}{2}$  tsp. salt  
1 $\frac{2}{3}$  cup shortening

Mix dry ingredients thoroughly in a large container (6 to 8 quart capacity). Cut in shortening with pastry blender or mixer until fine crumbs and shortening is evenly dispersed. Store, tightly covered, in refrigerator. Use within 3 months.

**Variation:** Use 5 cups whole wheat flour and 5 cups white flour.

**To make biscuits:** Preheat oven to 425°. Place 3 c. biscuit mix into bowl. Gradually stir  $\frac{2}{3}$  cup water into mix, adding only enough water to make a dough that is soft but not too sticky to knead. Knead dough 15 times on a lightly floured surface. Pat or roll dough into a square about 7 x 7 inches; cut into 16 pieces and place on ungreased baking sheet. Bake until lightly browned, about 12 minutes. Yield: 16 biscuits.

**To make muffins:** Preheat oven to 400°. Lightly grease muffin tin. Mix 2 $\frac{3}{4}$  c. biscuit mix and  $\frac{1}{4}$  c. sugar. Mix 1 c. water and 1 egg; add to mix and sugar. Stir until dry ingredients are barely moistened; batter will be lumpy. Fill muffin tins two-thirds full. Bake until lightly browned, about 20 minutes. Yield: 12 muffins.

**To make pancakes:** Stir together 2 cups biscuit mix and 1 T. sugar. Mix 1 egg, slightly beaten, with 1 cup water. Add to dry ingredients and stir until barely moistened. Batter will be lumpy. Pour batter onto hot griddle and cook until top is bubbly and edges dry; then turn and brown on other side. Yield: 12 pancakes.

**To make fruit cobbler:** Preheat oven to 400°. Mix 1 T. cornstarch and  $\frac{1}{8}$  tsp. cinnamon in saucepan. From a 16 oz. can of fruit (peaches, pears, apricots, cherries), stir in a little of the fruit liquid until smooth. Stir in remaining liquid and fruit. Cook over low heat, stirring occasionally until thickened, about 4 minutes. Pour into a 1 quart casserole. Stir 1 T. sugar and  $\frac{3}{4}$  cup biscuit mix together. Then stir in  $\frac{1}{4}$  cup water until dry ingredients are barely moistened. Spread on top of fruit mixture. Bake until top is lightly browned, about 30 minutes.

**To make cinnamon coffee cake:** Preheat oven to 375°. Grease an 8 x 8" baking pan. For cake: Mix 2 cups biscuit mix and  $\frac{1}{3}$  cup sugar. Mix 1 egg and  $\frac{1}{2}$  cup water thoroughly; add to mix and sugar. Stir until dry ingredients are barely moistened. Batter will be lumpy. Spread into pan. For topping: Mix  $\frac{1}{4}$  cup sugar, 2 T. flour, and 1 $\frac{1}{2}$  tsp. cinnamon. Add 2 T. margarine and mix until crumbly. Sprinkle over batter. Bake until toothpick inserted into the center comes out clean, about 20 minutes.

## Honey Dinner Rolls

1 cup warm water (110-115°)	¼ cup nonfat dry milk
1 tablespoon active dry yeast	1 egg
¼ cup honey	2 tablespoons butter, melted
3 cups whole-wheat flour	1 teaspoon salt

Pour the water into a large bowl and sprinkle the yeast on top. Set aside to proof for 5 to 10 minutes.

Slowly add the honey and 1 cup of the flour. Beat well for 3 minutes with an electric mixer (or beat vigorously by hand). Beat in the milk, egg, butter, and salt.

Knead in enough of the remaining flour to form a soft, unsticky dough. Knead for 10 minutes or until smooth and elastic. Form into a ball.

Allow the dough to rise for 1 hour or until doubled in size. Lightly oil a baking sheet.

Punch down the dough and divide it into 10 pieces. Shape each piece into a roll and place on the prepared baking sheet. Cover and let rise in a warm place for 45 to 60 minutes or until about doubled in size.

Preheat the oven to 375°. Bake the rolls for 13-15 minutes or until lightly browned. Remove the rolls from the baking sheet and cool on a wire rack.

## Wheat Muffins

Makes 12 muffins (24 mini)

2 cups whole wheat flour	1 tsp. vanilla
¼ tsp. salt	1 cup brown sugar
⅓ cup powdered milk	1 tsp. soda
1 cup water	1 egg
½ cup melted margarine	

Mix dry ingredients together in a medium-sized bowl. In large measuring cup, combine liquid ingredients. Pour over dry ingredients and stir just until moistened. Spoon into greased muffin tins, and bake at 350° for 12 to 15 minutes.

## Weiner Schnitzel

1 lb. package egg noodles  
½ c. margarine  
½ c. flour  
1 t. salt  
½ t. pepper  
¾ c. powdered milk

2 c. water  
1 t. Worcestershire sauce  
¼ c. ketchup  
2 to 3 c. grated cheddar cheese  
1 pkg. hot dogs, cut in ½" pieces

Cook noodles and drain. Melt butter and add flour, salt, pepper, and powdered milk. Mix together well. Add water, Worcestershire sauce, and ketchup. Cook until thick. Add 1½ c. of the grated cheese and the hotdogs. Fold in the noodles and mix well. Pour into 11 x 13" pan and sprinkle with remaining ½ c. of cheese. Bake at 350° for 30 minutes. (Makes a very large casserole – good for potlucks)

## Macaroni and Cheese

Bag the following:

1-5 ounce jar Old English Cheese  
2 cups dry macaroni noodles

Small can Parmesan cheese  
(optional for broiling on top)

Seasoning Packet:

4 T. flour  
¼ tsp. white pepper

½ tsp. salt (optional)

Additional ingredients:

¼ cup butter  
3/8 cup dry milk powder

2 cups water

Make perfect pasta by bringing a large pot of water to a boil. Add macaroni noodles. Stir and return to boiling. Boil water 3 minutes. Turn off heat or remove pot from burner. Cover and let sit in water 10 minutes. Drain.

Reconstitute the powdered milk by mixing it with the water. Make a white sauce by melting butter, stirring in flour, salt, and pepper; add the milk all at once. Cook, stirring constantly with a wire whip, until thick. Turn off heat; add cheese. Stir until melted. Pour cheese sauce over noodles and stir together. Pour into greased 9 x 9" pan. Top with Parmesan cheese, if desired. Broil until lightly browned and bubbly.

## Microwave Caramels

1 cup butter  
2½ cups light brown sugar  
1 cup light corn syrup

1 can sweetened condensed milk  
¼ teaspoon salt  
1 teaspoon vanilla extract

Butter a 13x9" baking dish. Set aside. Combine first 5 ingredients in 3 quart microwave-safe bowl. Microwave (HIGH) 17 minutes, stirring every 5 minutes. Remove from microwave. Stir in vanilla. Pour into prepared baking dish. Cool.

When set, cut into squares and wrap individually in waxed paper. Store in refrigerator. Makes about 72 pieces.

## Whipped Topping

1 packet unflavored gelatin  
1 tablespoon tap water  
⅓ cup boiling water  
1 cup tap water  
1 cup dry powdered milk

⅓ cup sugar  
⅓ cup vegetable oil  
1 teaspoon vanilla  
2 to 3 teaspoons lemon juice

Pour 1 cup of tap water into a deep bowl. Place in freezer. Soften gelatin in 1 T. water. Add boiling water to gelatin. Stir to dissolve gelatin completely. Cool.

Measure oil, vanilla, and lemon juice into a small bowl. Set it aside. Measure sugar and set aside.

Remove the water in the freezer when ice crystals form. Add dry milk. Beat mixture at high speed until stiff peaks form. Continue beating; gradually add sugar. Gradually add cooled gelatin mixture; then add oil, vanilla, lemon juice mixture in a small stream. The texture changes a bit, becoming bright white and creamier.

Store in refrigerator for a few days and use as desired.

## Fudgesicles

¾ cup sugar  
1 T. cornstarch  
3 T. cocoa

3 T. flour  
¼ t. salt  
1¼ cup regular dry milk powder

Mix all ingredients together. Beat into 4 cups boiling water and cook 1 minute. Add ½ teaspoon vanilla and pour into molds and freeze.

## Dry Milk Ice Cream

2 c. sweetened condensed milk  
3 c. powdered milk

2 tsp. vanilla  
6 c. water

Mix all ingredients together well. Pour in ice cream freezer can and freeze (per freezer instructions). Makes 1 gallon.

**Variety:** Mashed fruits can be added for different flavors.

## Peanut Butter Chews

1 cup powdered sugar  
1 cup peanut butter

2 cups instant (1 cup non-instant) dry milk  
1 cup corn syrup or honey

Mix powdered sugar and powdered milk thoroughly. Add peanut butter and syrup to dry mixture. Knead together with your hands. Press into a cake pan or roll into walnut size balls.

**Variations:** Add nuts or Rice Krispies. Dip in chocolate.

## Vanilla Pudding Mix

1½ c. sugar  
2½ c. nonfat dry milk

1¼ c. flour  
1 tsp. salt

Stir the ingredients together until well mixed. Store in a tightly covered container in a cool place. Makes enough for 24 servings.

**Chocolate Pudding Mix:** add ¾ c. cocoa and ¼ c. more sugar before stirring.

**Caramel Pudding Mix:** Substitute 1½ c. packed brown sugar for white sugar.

### To make pudding from mix:

1¼ c. pudding mix  
2½ c. warm water  
¾ tsp. vanilla

1 T. margarine or butter  
1 egg, beaten

Combine mix with water in top of double boiler. Place over boiling water and cook until thickened, stirring constantly. Cover and cook 5 minutes longer. Add the butter or margarine. Remove from heat and beat half of the hot mixture into the egg. Blend slowly into the remaining hot mixture. Cover and place in double boiler over hot water for 1 minute. Stir in vanilla and chill. Serves 6.

## Yogurt Recipes

### Plain Yogurt

*Makes 2 quarts*

- 1¾ cup regular nonfat dry milk (3 cups instant)
- 4 cups water, very warm (not over 120°)
- ½ cup plain yogurt, with active cultures, no additives

Combine dry milk and water. <sup>(Can blend in blender.)</sup> Stir with wire whisk until dissolved. Add yogurt and whisk. Pour into containers, cover, and incubate in a warm area for 6-8 hours. Do not disturb during incubation. Incubate no higher than 120° (110° is ideal).

Refrigerate after yogurt has formed. Save ½ cup plain yogurt for starting next batch.

Add fruit, jams, juice concentrate, chocolate milk mix, etc. for flavor, before eating.

### Vanilla Yogurt

*Makes about 5 quarts*

- |  |                                      |
|--|--------------------------------------|
| 3¾ qt. (15 cups) warm water<br>(between 86-120°) | 4 cups regular dry milk powder       |
| 1 cup plain yogurt                               | 3 T. unsweetened gelatin (4 packets) |
| 1 T. vanilla                                     | 1 cup melted honey                   |

Soften gelatin in ¼ cup cold water; then warm the gelatin on the stove until the gelatin melts.

Measure powdered milk into a large bowl. Stir 1 to 2 quarts of warm water into the powdered milk and use a wire whip to dissolve. Add the rest of the water, honey, vanilla, and the plain yogurt. Add ½ cup milk mixture ingredients to the warm, melted gelatin. Stir. Pour back into milk mixture when it has cooled sufficiently.

(Temperatures above 120° will kill the enzymes in the yogurt.)

Blend the mixtures together. Strain mixture into 5 warm quart jars. Incubate in a place where it can stay warm and will not be disturbed. After 4-6 hours, yogurt should be set. If the liquid is still liquid, wait 1-2 more hours. When slightly warm, refrigerate. (It will continue to set up in the refrigerator.)

## Almond Crunch Granola

10 cups rolled oats  
4 cups sliced almonds  
1¼ cups pure maple syrup

1¼ cups safflower oil  
1¼ t. salt  
4 to 5 t. vanilla

### *Optional ingredients:*

Any other nuts (2 cups)  
Raisins (2 cups)

Dried cherries (2 cups)  
Unsweetened coconut (2 cups)

Mix all ingredients together. Spread thinly on cookie sheets. Bake 15 minutes at 325-350° or until lightly browned. Cool 10 minutes in pan, then transfer to airtight bowl. Keep tightly covered. This recipe makes a large amount.

## Strawberry Banana Smoothie

1 cup apple juice  
3 T. powdered milk  
1 cup water

1½ cup frozen strawberries  
1 frozen or fresh banana  
1 cup strawberry or vanilla yogurt

Pour all liquid ingredients into a blender; then add remaining ingredients. Blend until smooth.

### **Optional additions:**

Wheat germ, protein powder, ice cubes

## Yogurt-Fruit Smoothie

*Makes 2 Servings*

¼ cup yogurt (vanilla, plain, or fruit  
flavored)  
⅓ cup dry milk  
½ banana

1 cup water  
½ cup orange juice concentrate  
4 ice cubes

## Yogurt Breakfast Waffles

4 eggs	1 tsp. salt
¼ cup reconstituted fruit drink mix	2 cups lemon or vanilla yogurt
1 T. grated orange peel	2 T. sugar
¼ tsp. cinnamon	1 T. melted butter
1 cup white flour	1 cup wheat flour
2 tsp. baking soda	1 tsp. baking powder

Mix eggs into yogurt, fruit drink mix, orange peel, sugar, cinnamon, and butter. Combine dry ingredients and fold gradually into egg mixture. Makes 12 waffles.

## Yogurt Dill-Veggie Dip

1 cup plain yogurt	1 T. dried onion
1 cup mayonnaise	1 T. dill weed
1 T. parsley	1 tsp. Beau Monde seasoning salt

Stir the ingredients together with a wire whisk. Let set for 30 minutes. Serve with raw vegetables.

## Homemade Beau Monde Seasoning Salt Recipe

*About 9 Tablespoons*

1 T. ground cloves	2 T. ground pepper
1 ¼ t. ground cinnamon	1 T. ground white pepper
1 T. salt	1 t. ground nutmeg
1 T. ground bay leaf	1 t. ground mace
1 T. ground allspice	1 t. celery seed

## Yogurt, Berries, and Pecans on Crispbread

3 pieces Multi Grain Crispbread	¼ cup blueberries
⅓ cup vanilla or plain yogurt	¼ cup blackberries
¼ cup raspberries	⅓ cup pecans, slightly chopped

Spread yogurt on crispbread. Top with equal amounts of berries and pecans.

Store remaining ingredients in refrigerator 4 to 5 days.



## **Ranch Salad Dressing**

1 cup mayonnaise  
¼ cup milk  
1 tsp. ground pepper

1 cup plain yogurt  
1 T. dry onion  
½ tsp. salt

Stir all ingredients together with wire whisk until smooth. Let set for 30 minutes.

## **Fruit Yogurt Salad**

4 cups of your favorite fruit - melons, apples, oranges, bananas, etc.  
1 to 2 cups vanilla yogurt

Mix fruit together in a bowl, add yogurt. Cool in the refrigerator for at least one hour.

## **Yogurt Parmesan Chicken**

2 cups crushed Ritz crackers or dried  
bread crumbs  
2 T. Parmesan cheese  
1 tsp. garlic salt

1 tsp. seasoned salt  
8 boneless, skinless, chicken breasts  
2 cups plain yogurt  
¼ cup melted butter

Mix cracker crumbs with parmesan cheese, garlic and seasoned salt. Dip chicken breasts in yogurt; then coat with cracker crumb mixture. Place in 9 x 13 inch pan and drizzle butter over chicken. Bake at 350°, covered for 30 minutes; then remove cover and bake another 30 minutes.

## **Granola, Yogurt, Berry Parfait**

2 cups plain yogurt  
2 cups granola

2 cups fresh berries and/or other fruit  
4 tablespoons honey

Line up 4 parfait or other tall glasses.

Spoon 2 tablespoons of yogurt into each glass and smooth surface.

Spoon 2 tablespoons of granola over top and smooth surface.

Spoon 2 tablespoons of fruit over top and smooth surface

Repeat the process, adding a bit of honey here and there to taste.

## **Cheese Recipes**

### **Mock Mozzarella Cheese**

4 c. warm water  
1 $\frac{3}{4}$  c. white vinegar

$\frac{2}{3}$  c. vegetable oil  
3 c. dry milk powder

Blend all ingredients; pour into hot, Pam-sprayed saucepan and heat to 115° to form curds. Rinse in warm water, drain, and salt to taste. Place in cheesecloth bag and hang to drain or squeeze out excess liquid. Cool and grate or crumble. Use as you would commercial mozzarella.

### **Parmesan Cheese**

1 cup boiling water  
2 or 3 T. reconstituted lemon juice

1 cup powdered milk

Blend all ingredients and cook over medium-high heat until milk boils. The curds will be very small and milk will be frothy. Pour into a cloth lined strainer, rinse, and press out excess water. Put curds into a bowl and stir with a fork to break up. Spread on a cookie sheet and dry for about 10 minutes in a 150° oven. This cheese can be salted and used in place of Parmesan or mixed with  $\frac{1}{4}$  to  $\frac{1}{3}$  commercially dried parmesan cheese. Refrigerate or freeze. Makes about 1 cup curds. A pleasant flavor change takes place after about 3 months of aging under refrigeration.

### **Yogurt Cream Cheese or Sour Cream**

2 cups homemade yogurt  
2 paper towels or loose weave fabric

Colander  
Large bowl

Place a paper towel in the bottom of a colander. Put homemade yogurt on the paper towel. Cover with another paper towel. Set colander inside a larger bowl to catch liquid. Place the whole thing in the refrigerator overnight. The result is cream cheese (fat free!). Store, covered in refrigerator, up to 3 weeks.

For sour cream, drain for less time, or add buttermilk or mayonnaise to moisten. Refrigerate for up to 2 weeks.

## Easy Homemade Cheese Ball

8 ounces cream cheese	¼ t. garlic powder
8 ounces extra sharp cheddar or Colby cheese, grated	1½ to 2 ounces thin-sliced dried beef, finely chopped
1 T. minced onion	2 to 3 T. milk, if needed
	Chopped nuts, optional

Combine cheeses, onions, and beef in a mixing bowl and mix well. Add milk, if desired, to make cheese ball more easily spreadable.

Roll mixture into a ball; roll in chopped nuts. Wrap in plastic wrap and store in refrigerator until needed. Serve with crackers or pretzels.

## Mock Ricotta Cheese

*Makes 2 cups*

2 c. boiling water	1½ c. dry milk powder
1 c. plain yogurt	

Blend water and dry milk powder *(in blender)* and bring mixture back to a boil in a Pam-sprayed saucepan. Stir in yogurt and bring to a boil again. The milk will curdle.

Pour curds into a strainer and rinse with warm then cold water. Drain, salt, and refrigerate.

For a more solid cheese, press overnight between two plates. Slice the pressed curds very thin; then cut into small squares and fry to a light golden brown color and add to salads, sandwich fillings, stir fry, curry dishes, soups and casseroles.

## Jalapeno Cheese

1 T. chopped jalapeño peppers	2 cups boiling water
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Boil peppers and water for 15 minutes. Add additional water to measure 2 cups; then follow instructions to make Mock Ricotta Cheese. When curds are drained and rinsed, add salt to taste. Press, if desired.

## Queso Blanco – the Original Jack Cheese

A Latin American cheese with a bland flavor, this is excellent in soups, stir-fry, deep fat frying, and as a substitute for tofu. It brown nicely and takes on the flavor of the spices in the recipe.

1 qt. hot water

3 cups dry milk

$\frac{1}{3}$  -  $\frac{1}{2}$  cup white vinegar

Spray a heavy saucepan with a lecithin spray. Heat to form a coating, then add 2 cups of the hot water and bring to a boil. Blend dry milk powder with remaining water and add to boiling water.

Slowly add  $\frac{1}{3}$  cup vinegar; then add remaining vinegar, if necessary to separate curds from whey. Pour curds into a strainer and rinse well with very warm water to remove vinegar flavor. Add salt to taste and press, if desired.

Cut cheese into thin strips, bite-size pieces, or other shapes. Refrigerate, stored in plastic wrap or in a covered container, for up to one week or freeze for 2 to 3 months.

## Homemade Cottage Cheese

This is the best and easiest recipe. Tastes just like what you get in the store for a fraction of the cost. The best part - it only takes 5 minutes or less to make!

2 cups water

$\frac{3}{4}$  cup dry milk powder

3 Tbsp. white vinegar

Blend water and dry milk together and heat in a saucepan until it starts to steam, stirring constantly; then remove from heat; or place in microwave and heat until it foams and rises to top of bowl.

DRIP vinegar around the edge of the pan and gently stir; milk will immediately start to curdle, separating into curds and whey. Let rest 1 minute.

Pour into a colander, rinse with HOT water; then rinse with cold water and break apart into as small of curds as you want. Do this for about 1 minute until no whey drips. Makes about  $1\frac{1}{2}$  cups of curds. Add sour cream or yogurt to cream. Add salt to taste.

## Cottage Cheese Scramble

1/3 c. nonfat dry milk	1/2 tsp. salt
1/4 c. water	Dash of pepper
3 eggs	2 T. butter
1/2 c. cottage cheese	1 T. chopped chives

Blend together nonfat dry mil, water, eggs, cottage cheese, salt, pepper, and chives. In medium-size skillet melt butter; when hot, add egg mixture and cook over low heat until set. Serve immediately. Yield: 3-4 servings.

## Cheese-Stuffed Jumbo Shells

4 quarts water, boiling	6 egg whites
1 t. salt	1 T. parsley, chopped
12 oz. jumbo pasta shells, uncooked	3/4 t. oregano
4 c. ricotta cheese, fat-free	1/2 t. salt
1 cup cottage cheese, low-fat	1/4 t. pepper
2 cups mozzarella cheese, shredded	6 to 8 cups (2 - 32 oz. jars) spaghetti sauce
3/4 cup Parmesan cheese, grated	

Add jumbo shells, 3 or 4 at a time, to boiling, salted water. Boil uncovered for 10 minutes, stirring occasionally. Avoid overcooking. Drain. Cool in a single layer on wax paper or aluminum foil to keep jumbo shells from sticking together.

While shells are cooling, mix together ricotta cheese, cottage cheese, 1 1/4 c. mozzarella cheese, 1/2 c. Parmesan cheese, egg whites, parsley, oregano, salt, and pepper. Fill each shell with about 2 to 3 tablespoons of cheese mixture.

Spread thin layer of spaghetti sauce on bottom of 13 x 9" baking dish. Place shells, open side down, in a single layer in the pan; cover with remaining sauce. Sprinkle with remaining mozzarella and Parmesan cheese. Cover with aluminum foil.

Bake at 350° for about 35 minutes or until hot and bubbly. Fills about 36 shells. Freezes well.