

Powdered Milk

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Dehydrated milk is *not* often something we hope to reconstitute and drink as a substitute for our regular fluid dairy milk. However, good quality powdered milk is high in protein and calcium, low in calories, and can be great to cook with. The bonus is that by storing powdered milk you open up a whole new world of dairy products in your food storage. And, in the event that you really do one day need to live off of your food storage, the calcium is a must, especially for young growing children. But don't wait until "something happens" to use your powdered milk. There are surprisingly, lots of fun and delicious foods to make and by using your powdered milk you keep it rotated and fresh. Don't let your powdered milk become a space-taking, money-hogging burden. Use it! Enjoy it! And replenish it! It will be nutrition for your family and less expensive than fluid milk. Plus, you have the bonus of knowing how to use it if "something" does happen.

There are two types of dehydrated milk: INSTANT NONFAT and REGULAR (non-instant). I prefer INSTANT NONFAT powdered milk. It mixes very easily for a smooth texture when reconstituting and is an excellent option for long-term storage. Instant nonfat dehydrated milk has a long shelf life and should be stored at room temperature or cooler. Reconstituted milk can be used in recipes just as you would use store-bought fluid milk. You can even mix the powdered milk in with the dry ingredients and then add the water to the recipe. Easy!

The recommended amount of powdered milk to store is 16 pounds per person. That quantity will allow you one eight-ounce glass per day for a year. You may wish to store more for younger children or pregnant or nursing women.

Store powdered milk in #10 cans rather than 5-gallon food grade buckets. Once the milk is opened and exposed to the air, it loses nutrients more quickly and can also go bad or lumpy, especially if exposed to moisture. The #10 can seems to be a more manageable amount to use within a reasonable amount of time. Also, the #10 can takes up very little room in the pantry. Use opened containers within 6 months to a year.

1 cup fluid milk	=	$\frac{1}{4}$ cup powdered milk + 1 cup water
1 quart fluid milk	=	$\frac{2}{3}$ cup powdered milk + 1 quart water (4 cups)
1 gallon fluid milk	=	2- $\frac{2}{3}$ cups powdered milk + 1 gallon water (16 cups)

Frosty Chocolate Drink

A rich chocolate drink without the guilt.

1 $\frac{1}{2}$ cups very cold water

1 $\frac{1}{2}$ cups powdered milk

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

$\frac{1}{4}$ cup dutch cocoa

1 tsp. vanilla

20 ice cubes

Place all ingredients in the blender and blend on HIGH for 2 full minutes. Serve immediately. Makes 4 - 12 oz. servings.

Chocolate Milk

Tastes like store bought!

Mix together:

- 8 cups of water
- 2-1/2 cups powdered milk
- $\frac{1}{4}$ cup cocoa
- $\frac{1}{2}$ cup sugar
- Pinch salt
- $\frac{1}{2}$ tsp. vanilla

Chill overnight and serve COLD.

Makes $\frac{1}{2}$ gallon.

HOT CHOCOLATE MIX

The cinnamon and vanilla add just the right touch!

10 cups *instant* powdered milk

3 cups powdered sugar

1 cup granulated sugar

2 $\frac{1}{2}$ cups dutch cocoa powder, sifted

2 tsp. cinnamon

2 Tbsp. powdered vanilla

Mix together and store in air tight container. To use, mix $\frac{1}{2}$ cup of hot chocolate mix for every 1 cup of water then heat to desired temperature. Stir with a cinnamon stick or a peppermint stick.

Note: You can find powdered vanilla in most natural food stores.

Tip: Powdered milk mixes best when mixed with a whisk rather than a spoon.

Note: Most hot chocolate mixes contain a creamer. However, creamers contain partially hydrogenated oil as do most commercial hot chocolate mixes. This homemade hot chocolate mix has a smooth creamy feel although it has no creamer. The cinnamon and vanilla truly add the right touch for flavor. If desired, top each mug with a dollop of whipped cream and a dusting of cocoa.