

# Powdered MILK

## What is it?

Powdered milk is made by removing water from regular milk. It comes in a two varieties; instant and non-instant. Instant powdered milk is more common and dissolves faster in water than non-instant or “regular” powdered milk.



## Is it as nutritious as regular milk?

Yes! It has all the same nutrients as regular milk. Just like regular milk, powdered milk is also available as whole (3.25%), 2% and skim. Choose the one that best meets your needs.

Calcium	<i>Builds and maintains bones and teeth.</i>
Vitamin D	<i>Helps bodies absorb calcium</i>
Protein	<i>Builds and maintains strong muscles, blood and other tissues.</i>
Phosphorus	<i>Aids in the formation of strong bones and teeth. Helps make bones and teeth strong.</i>
Vitamin A	<i>Keeps your eyes and skin healthy.</i>
Magnesium	<i>Helps keep bones and teeth strong.</i>

## Why use powdered milk?

It's an excellent, cheap way to get more important nutrients into your diet. Powdered milk is also very easy to store and transport.

It can be used like regular milk for drinking, or it can be used as an ingredient when making other foods to boost calcium and protein content.

Traditional First Nations foods like wild plants, seaweed, bannock, fish with bones, shellfish, nuts and beans are examples of how people got, and continue to get, nutrients found in milk. Since traditional foods are not eaten as much now as in the past, people may not get these nutrients in the amounts needed for health. Using dry milk powder can help meet nutrient needs.

## Lactose Intolerance

Milk, including powdered milk, contains a natural sugar called “lactose”. Some people can't digest large amounts of lactose at one time. This isn't dangerous but can cause gas, stomach bloating, or diarrhea. For more information on lactose intolerance and tips on how to enjoy milk and milk products read “Milk and Lactose Intolerance”, available from Dairy Farmers of Manitoba. If you think you are lactose intolerant, speak to your health care provider or community nurse.

Lactose intolerance is most common in adults of First Nation background. Some people may benefit from taking over-the-counter lactase enzyme drops or tablets. Many different types of drops and tablets are covered through Non-Insured Health Benefits for Treaty members. Speak to your community nurse or health care provider about what type of drops or tablets are covered.

Dairy Farmers  
of Manitoba



Osteoporosis Canada

Ostéoporose Canada

Manitoba Chapter





# Cooking with Powdered MILK

Powdered milk can be added to many foods and recipes without changing the taste or texture; and there is no need to add extra water, unless the recipe already asks for it. Try it in your favourite recipes! Here are some ideas:

- Add 1/2 cup
  - when making canned soup
  - per can of condensed soup when making casseroles, like tuna and noodle casserole
- Add 1/3 cup
  - per 4 servings of mashed potatoes
  - to every pound of ground meat when making meatloaves and meatballs
- Add 1/4 cup
  - per pound of ground meat before browning it when making casseroles
- Add 3 tbsp.
  - to each 1/2 cup of uncooked cereal when making hot/ cooked cereals, like oatmeal and cream of wheat. Use the same amount of water as called for in the package directions when cooking the cereal.

*Use powdered milk instead of coffee whitener in your coffee and tea.*

Powdered milk can also be used instead of regular milk in a recipe. If you run out of milk don't worry – try this!

- add 1/3 cup of dry milk to the dry ingredients and substitute water for fluid milk. This works for regular and instant puddings, breads, cake mixes and more.

# Delicious Recipes



## *Golden Carrot Soup*

- 1/3 cup butter
- 1/3 cup chopped onion
- 2 cups thinly sliced carrots
- 3 chicken bouillon cubes
- 3 cups boiling water
- 1/4 cup rice
- 1/2 tsp salt
- 2/3 cup powdered milk
- 2 cups water

In a saucepan, cook onions in butter until golden. Add carrots and toss until coated with butter. Add bouillon cubes, boiling water and rice; cover and simmer until carrots are fork-tender and rice is cooked about 12 to 15 minutes. Let it rest for 5 minutes. Add salt. Add to blender one-third at a time and blend until smooth. Return to saucepan. Mix powdered with remaining water, stir well. Add milk to soup and heat.

*Source: Dairy Farmers of Canada*

## *Salmon Loaf*

- 1 egg, slightly beaten
- 2/3 cup dry milk powder
- 1 tbsp finely chopped onion
- 1/4 tsp salt
- Dash pepper
- 4 medium slice bread, torn into small pieces
- 2 tins (213g each) canned salmon

Preheat oven to 350°F (180°C). Grease a 9x5x3-inch loaf pan. In a large bowl, combine egg, dry milk, onion, salt, pepper and bread. Open salmon cans, do not drain, pour into a bowl and mash the salmon and bones, add to bread mixture. Stir until combined and bread has absorbed the liquid. Pat evenly into the prepared pan. Bake for 25-30 minutes.

*Source: Washington State Dairy Council*

*made with*  
**Powdered  
MILK**

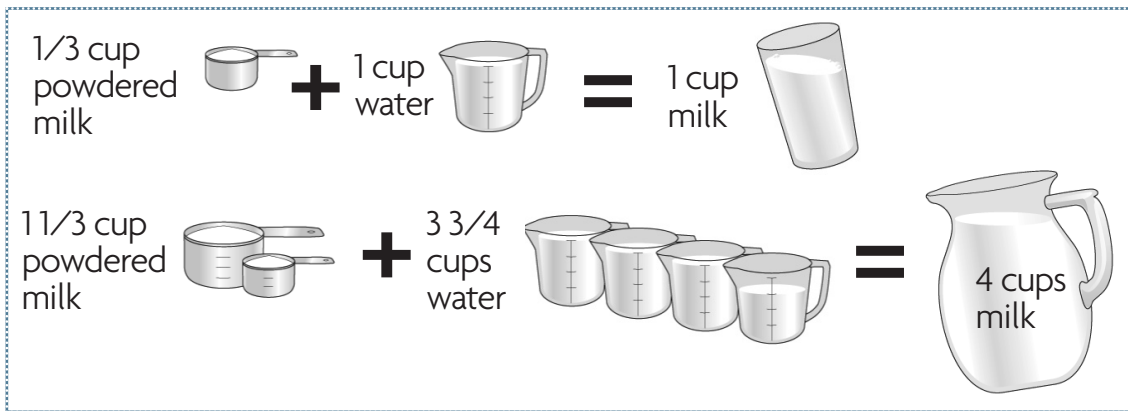
# MIXING Powdered MILK *for drinking*



*Use clean drinking water.*

$1/3$  cup powdered milk + 1 cup water = 1 cup milk\*

$1 1/3$  cup powdered milk +  $3 3/4$  cup water = 4 cups (1L) milk\*



For best results, put water in a screw-top jar,

add the powdered milk and shake until dissolved.

Or combine the powder and water in a pitcher and stir.

Don't mind the bubbles; they will disappear after a while.

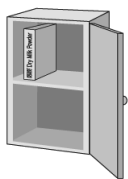


Milk made from instant powdered milk can be enjoyed right away.

Milk made from non-instant powdered milk should sit  
in the refrigerator overnight before you drink it.

After mixing, milk can be stored in the refrigerator  
for up to 7 days.

Label your milk with a "best-before" date.



Store un-mixed dry milk powder in a cool,  
dry place for up to one year.

Be sure it is in an air-tight container or re-sealable bag.

*\*Follow package directions for best results.*