

Non-Fat Dry Milk Recipes and Storage Recommendations

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http://extension.usu.edu/files/publications/publication/FN_503.pdf

Milk Facts

Besides being a delicious beverage, milk is important for a healthy diet. 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. Research has found that a diet rich in milk (low-fat) helps reduce high blood pressure, helps prevent osteoporosis (and reduce the consequences of this bone disease), and may help prevent colon cancer and suppress development of malignant tumors.

When dried, milk is a convenient and vital addition to the home food storage program. This information has been compiled to assist you in storing and rotating dry milk in home storage in order to maintain the optimum quality and usability of your investment.

Regular or Instant

Regular or instant non-fat dry milk is made from skim milk that has been dried by spraying into hot air. Instant milk is regular milk which has been further processed causing it to clump together resulting in a product easier to reconstitute with water. They both have the same nutrients.

Regular, or non-instant, is more compact and requires less storage space. Dried whole milk is available, but because of the higher fat content the shelf life is much shorter.

Purchasing Considerations

1. Buy milk which has been fortified with Vitamin A and D.
2. “No Preservatives” on the label is reassuring to consumers; however, preservatives are not legal and therefore no dried milk processed in the United States will contain preservatives.
3. Grade A indicates the quality of the milk used in the drying process. Essentially all processing plants producing dried milk use Grade A milk today.
4. “Extra Grade” on the label indicates the processing plant has met certain criteria and milk is slightly lower in butterfat and moisture content, more soluble, contains fewer bacteria, and contains fewer scorched particles.
5. The package should be waterproof and impermeable to air. Plastic food-grade buckets work well to store dry milk.
6. Do not buy more milk than you would normally use in a reasonable period of time. Once the package is opened, the milk will not keep as long. Purchase package sizes to accommodate the use required by your family.

7. Date and label the milk. Rotate milk. (See storage chart following)

Storage

Shelf life of milk is based on the quality of the product. Undesirable chemical changes occur in milk the longer it is stored affecting the flavor, odor, and color. Care should be taken to insure the best possible storage conditions for dry milk. The following factors should be considered.

1. **Temperature-** The temperature at which milk is stored is the most important factor in determining its shelf life. The storage temperature should be as cool as possible. Deterioration of dry milk will be considerably slowed down by a reduction of the storage temperature. As a general guide, the following storage times and temperatures are given. Following is a guide to shelf life for milk stored at different temperatures (in unopened packages) with either nitrogen or carbon dioxide used to replace the air in the package. Storage times will be shorter in paper or in cardboard packages.

- 50° F: 24 to 48 months
- 70° F: 12 to 24 months
- 90° F: 3 months

2. **Moisture-** Exclude as much moisture as possible by packaging in vapor-proof materials and storing in a dry area of the home, away from steam or areas where condensation could occur. Moisture causes caking and speeds up the undesirable changes in flavor.

3. **Oxygen-** Exclude the oxygen as much as possible to decrease the speed of chemical changes which cause flavor and odor changes. This can be accomplished by packaging in air-tight packaging materials, vacuum packing, and packing with nitrogen or carbon dioxide.

4. **Light-** Exclude as much light as possible. The chemical changes which cause changes in flavor and odor are accelerated by light.

Amount Needed

Assuming dry milk is consumed as a beverage as well as in cooking, the amounts needed for one year would be:

Fresh milk: adults (2 glasses per day): 45 gallons youth (4 glasses per day): 91 gallons

Dry milk: adults (2 glasses per day): 36 pounds youth (4 glasses per day): 73 pounds

Reconstituting

Amount Needed	Use this much dry milk		Water
	Instant	Non-Instant	
1 quart	1 1/3 cups	3/4 cups	3 3/4 cups
1 pint	2/3 cups	3/8 cup (about 1/3)	1 3/4 cups + 2 Tbsp.
1 cup	1/3 cup	3 Tbsp.	Scant cup
1/2 cup	3 Tbsp.	1 1/2 Tbsp.	1/2 cup
1/4 cup	1 1/2 Tbsp.	2 teaspoons	1/4 cup

Using Dry Milk in Recipes

In any baked goods recipe calling for milk, simply add the dry milk to other dry ingredients. Sift to blend the milk, and then add water for the milk called for in the recipe.

For use in meat loaf, hamburgers, etc., use $\frac{1}{4}$ to $\frac{1}{2}$ cup dry milk per pound of meat.

In mashed potatoes: Mash cooked potatoes, then add $\frac{1}{4}$ cup dry milk for each cup of potatoes. Use either the water the potatoes were cooked in or fresh milk to give the right consistency.

Cooked cereals: Add $\frac{1}{4}$ to $\frac{1}{2}$ cup milk to each cup of cereal before cooking.

Taken from: Food Storage Cooking School- Low and Hendricks, USU Extension, Salt Lake County, 1/99. Copies may be made for individual and non-profit use.

Non-fat Dry Milk Recipes

Basic Sauce Mix

2 cups powdered instant non-fat dry milk (or	$\frac{1}{4}$ cup instant chicken bouillon
1 $\frac{1}{4}$ cups non-instant)	1-2 Tbsp. dried onion flakes
$\frac{3}{4}$ cup cornstarch	1-2 tsp. Italian Seasoning

Combine all ingredients in a plastic bag, mixing well. Yield: Equal to 9 cans of cream soup. Store in a closed plastic bag or airtight container until ready to use. It does not have to be refrigerated.

To Substitute for 1 Can of Cream Soup:

Combine $\frac{1}{3}$ cup of dry mix ($\frac{1}{4}$ cup if made with non-instant dry milk) with $1\frac{1}{4}$ cup cold water. Cook and stir on stove top or in microwave until thickened. Add thickened mixture to casseroles as you would a can of soup.

For recipes using BASIC SAUCE MIX (in addition to those listed below), visit this website: <http://extension.usu.edu/fsne/htm/fsne> and click on "SOS (sauces or soups)"

Basic Sauces and Soups

$\frac{1}{3}$ cup BASIC SAUCE MIX ($\frac{1}{4}$ cup if made with non-instant dry milk)
1 $\frac{1}{4}$ cups cold water

Add in one of the following soup items:

1 cup grated cheese	1 cup cooked potato cubes
1 (4 oz.) can of mushrooms	$\frac{1}{3}$ cup broccoli and 1 cup grated cheese
2 cups tomato juice	

Combine the mix with the water. Cook and stir on stove top until thickened. Add the soup item and stir until mixed well.

Chicken Enchiladas

1 cup BASIC SAUCE MIX (3/4 cup if non-instant)
4 cups water
1 onion, chopped
1 can green chilies, chopped
1 pkg. flour or corn tortillas (12)

1 lb. cooked, diced or shredded chicken
1 Tbsp. canola oil
3/4 cup cheddar cheese, grated
1 pint sour cream (optional)

Make sauce by combining dry sauce mix and water. Cook and stir on stovetop or in microwave until thickened. Sauté onion and green chilies in oil; add sauce and simmer for 10 minutes. If desired, let cool and add optional sour cream. Cut tortillas in quarters. Spray a casserole dish with cooking spray. Line bottom of casserole dish with tortillas. Add a layer of chicken and a layer of sauce. Top with cheese. Repeat. Bake at 350° F. for 20 minutes. Additional tortillas may be heated and served with casserole. If crisp tortillas are preferred, allow sauce to chill before using.

Chicken Pot Pie

1/3 cup BASIC SAUCE MIX
1 1/4 cups cold water
1 cup cooked chicken, cubed
1 (10 oz.) package frozen mixed veggies

1 egg
1/2 cup milk
1 cup quick mix (see page 49)

Combine sauce mix with water. Cook and stir on stovetop or in microwave until thickened. In a 9-inch pie plate, combine sauce, vegetables, and chicken. Combine egg, milk, and baking mix. Pour over chicken mixture. Bake at 400° F. for 30 minutes or until golden brown. Yield: 6 servings.

Variation: Use pre-made pie crusts. Put thickened sauce, chicken, and veggies in bottom crust. Use another crust for the top. Make slits in the top crust with a knife so steam can escape during baking.

Tuna Noodle Skillet

1 (6 oz.) can tuna (drained)
3 cups water
1/3 cup BASIC SAUCE MIX
2 cups uncooked egg noodles

1 cup grated cheese
1 cup peas (frozen)
Potato chips, crushed

In skillet, combine water, sauce mix, cheese, tuna, and uncooked noodles. Stir. Bring to a boil, reduce heat and simmer covered for 15-20 minutes or until noodles are tender. Add peas and cook 5 minutes. Top with crushed potato chips if desired. Serve immediately.
Yield: 4-6 servings.

Chili Tomato Mac

1 lb. ground beef or turkey
1 cup water
1½ cup uncooked macaroni

1 (15 oz.) can chopped tomatoes
1 Tbsp. chili powder
⅓ cup BASIC SAUCE MIX

Brown meat and drain off the fat. Add water, uncooked macaroni, tomatoes, chili powder and sauce mix. Simmer uncovered about 20 minutes or until macaroni is tender.

Hamburger Stroganoff

1 lb. ground beef or turkey
3 cups water
⅓ cup BASIC SAUCE MIX

2 cups uncooked egg noodles
½ cup sour cream or plain yogurt

Brown meat and drain off the fat. Add water, sauce mix, and uncooked egg noodles and stir. Bring to a boil, reduce heat and simmer covered 15-20 minutes or until noodles are tender. Top with sour cream or yogurt. Serve immediately.

Taco Skillet

6 flour tortillas or 8 corn tortillas
1 lb. ground beef or turkey
⅓ cup BASIC SAUCE MIX
1¼ cup water

2 cups tomato sauce
1 cup salsa
1 cup grated cheese

Cut the tortillas into one-inch pieces. Brown meat and drain off the fat. Add sauce mix, water, tomato sauce, salsa, tortillas and stir. Bring to boil, reduce heat and simmer uncovered for 15 - 20 minutes or until tortillas are tender. Top with cheese and allow to melt. Yield: 6 servings.

Chicken Broccoli Alfredo

1 (8oz.) package Fettuccine noodles
1 cup broccoli (fresh or frozen)
2 Tbsp. butter or margarine
1 lb. boneless chicken breast
⅓ cup BASIC SAUCE MIX

1¼ cup water
½ cup milk
½ cup Parmesan cheese
¼ tsp. pepper

Cook Fettuccine noodles according to package directions. Add broccoli for last 4 minutes of cooking time. Drain. Heat butter in skillet and add chicken breast. Cook until browned. Cube chicken or use as a whole breast (it's your choice). Combine sauce mix and water in saucepan. Bring to boil and cook until thick. Add milk, cheese, pepper, Fettuccine, broccoli, and chicken. Heat through. Serve with additional Parmesan cheese. Yield: 4-6 servings.

Cheeseburger Skillet

1 lb. ground beef or turkey

2 cups water

1½ cup uncooked macaroni
1 (16 oz.) can chopped tomatoes

⅓ cup BASIC SAUCE MIX
½ cup grated cheese

Brown meat and drain off the fat. Add water, uncooked macaroni, tomatoes, and sauce mix. Cover and simmer for 20 minutes or until macaroni is tender. Remove from heat and add cheese. Yield: 4-6 servings.

Macaroni and Cheese

1 cup uncooked macaroni
⅓ cup BASIC SAUCE MIX
1¼ cup water

1 cup grated cheese
2 Tbsp. bread crumbs
1 tsp. margarine

Cook the macaroni according to package directions. Combine sauce mix with water. Cook and stir on stovetop or in microwave until thickened. Add cheese and macaroni to cooked sauce. If desired, place in square baking dish and top with breadcrumbs moistened with margarine. Bake at 350° F. for 15 minutes or until bubbly and golden brown. Yield: 4 servings.

Homemade Gravy

2 Tbsp. fat (from meat)
½ cup BASIC SAUCE MIX
2 cups liquid (drippings, water, vegetable broth or milk)

Remove cooked meat or poultry from roasting pan. Leave brown residue in the pan and pour the drippings into a bowl. Allow fat to rise to surface. Skim fat off and reserve it. (Remaining drippings in the bowl are meat juices that should be used as part of liquid in gravy.) Add fat to roasting pan (with brown residue); stir in sauce mix until smooth. Heat until bubbly. Stir in liquid and cook until sauce thickens; continue stirring and cooking 2 or 3 minutes longer, scraping bottom and sides of roasting pan to blend in the brown residue. Yield: 2 cups.

Pizza Sauce

⅓ cup BASIC SAUCE MIX
¼ cup water
1 cup tomato sauce

½ tsp. sugar
⅛ tsp. garlic powder

Combine all ingredients in a small saucepan. Mix well and cook until thick. Spoon sauce onto pizza dough. Sprinkle with mozzarella cheese and other toppings as desired. Bake at 375° F. for 18-20 minutes or until cheese is melted and pizza dough is browned. Yield: 1 medium pizza.

Alfredo Sauce

⅓ cup BASIC SAUCE MIX

1¼ cup water

½ cup sour cream
2 Tbsp- ¼ cup grated Parmesan cheese

or to taste
¼ tsp. pepper

Combine all ingredients, except sour cream, in a small saucepan. Mix well and cook until thick. Turn off heat. Add sour cream. Serve sauce over cooked noodles or on a pizza. Yield: 1½ cups sauce.

Honey and Wheat Mix

3 cups whole-wheat flour
6 cups all-purpose flour
1 cup instant nonfat milk powder, or whey milk substitute, or dry buttermilk powder

⅓ cup baking powder
4 tsp. salt
¼ cup powdered honey* or ½ cup sugar

In a large bowl, combine wheat flour, all-purpose flour, milk powder or buttermilk powder, powdered honey, baking powder, and salt. Spoon into 12-cup container with tight-fitting lid. Attach lid. Label container with date and contents. Use within 10 to 12 weeks if stored in refrigerator or within 6 months, if stored in freezer. Makes about 12 cups HONEY AND WHEAT MIX. *(½ cup liquid honey may be used. Drizzle over mixture while stirring with a wire whisk.)

Honey Wheat Waffles

3 eggs, separated
2 cups buttermilk
¼ cup butter or margarine, melted

½ cup canola oil
3 cups HONEY AND WHEAT MIX
¾ tsp. baking soda

Preheat waffle iron. In a medium bowl, combine egg yolks, buttermilk, butter or margarine, and canola oil, beating with a wire whisk to blend. In a large bowl, combine HONEY AND WHEAT MIX and baking soda. Stir into buttermilk mixture until just moistened. Batter will be lumpy. Beat egg whites until stiff but not dry. Fold into batter. Bake in waffle iron according to manufacturer's instructions. Serve hot with syrup. Makes 4 large waffles.

Honey Wheat Pancakes

1 egg, slightly beaten
1⅓ cups water

2 cups HONEY AND WHEAT MIX
3 Tbsp. canola oil

In a medium bowl, combine egg, oil, and water, beating with wire whisk to blend. Stir in HONEY AND WHEAT MIX until blended. Let stand 2 minutes. Preheat griddle according to manufacturer's instructions. Lightly oil griddle. Stir in more water if a thinner batter is desired. Pour about ⅓ cup batter onto hot griddle to make 1 pancake. Cook until edge becomes dry and bubbles form. Turn with a wide spatula. Cook 35 to 45 seconds longer until browned on both sides. Repeat with remaining batter. Makes about ten 4-inch pancakes.

Honey and Wheat Muffins

3 cups HONEY AND WHEAT MIX
2 Tbsp. packed brown sugar

1 egg, slightly beaten
1⅓ cups water

¼ cup canola oil

Preheat oven to 400° F. Generously grease 12 large muffin cups. In large bowl, combine HONEY AND WHEAT MIX and brown sugar. In small bowl, combine egg, water, and oil, beating with a wire whisk to blend. Add egg mixture all at once to brown sugar mixture, stirring until just moistened. Batter will be lumpy. Fill each prepared muffin cup $\frac{2}{3}$ full with batter. Bake 15 to 20 minutes in preheated oven until golden brown and wooden pick inserted in center comes out dry. Makes 12 large muffins.

Buttermilk Biscuits

2 cups HONEY AND WHEAT MIX
½ cup buttermilk, milk or water
¼ cup shortening

Preheat oven to 400° F. Pour HONEY AND WHEAT MIX into medium bowl; cut in shortening. Add buttermilk, milk or water all at once. Stir with fork until dough follows fork around bowl. Turn out dough on lightly floured surface. Knead 10-12 times. Roll out dough to ½-inch thick. Use 2-inch biscuit cutter to cut dough. Arrange dough circles on ungreased baking sheet. Bake 10 to 12 minutes in preheated oven until lightly browned. Makes about 9 biscuits.

Pancake Mix

10 cups flour
2½ cups instant nonfat dry milk
½ cup sugar
¼ cup baking powder
2 Tbsp. salt

Combine all ingredients in a large bowl. Stir together to blend well. Put in a large airtight container. Label. Store in a cool dry place. Use within 6 months. Make about 13 cups of PANCAKE MIX.

Perfect Pancakes

1½ cups PANCAKE MIX
1 egg, slightly beaten
1 cup water
3 Tbsp. canola oil

Put pancake mix in a medium bowl. Combine egg, water, and oil in small bowl. Add egg mixture to Pancake Mix. Add more water for thinner pancakes, if desired. Blend well. Let stand 5 minutes. Cook on hot oiled griddle about 3 to 4 minutes, until browned on both sides. This makes ten to twelve 4-inch pancakes.

Cinnamon Oatmeal Pancake Mix

4 cups quick cooking oats
2 cups flour
2 cups whole wheat flour
1 cup non-fat dry milk

½ cup sugar
1 Tbsp. cinnamon
2 tsp. salt

3 Tbsp. baking powder
½ tsp. cream of tartar

Combine ingredients and stir to mix well. Put in large airtight container. Label. Store in a cool dry place. Use within 6 months.

Mixing Directions:

In medium bowl, beat 2 eggs. Beat in 3 Tbsp. oil gradually. Alternately stir in 2 cups pancake mix and 1 cup of water. Drop by spoonfuls onto lightly greased skillet over medium-high heat. When batter shows broken bubbles, turn pancakes over. Cook about 2 to 3 minutes.

Quick Mix(equivalent to Bisquick)

8½ cups flour
or 5 cups white flour &
3½ cups whole wheat flour
1 tsp. baking soda

1 Tbsp. baking powder
1½ cups instant nonfat dry milk
1 Tbsp. salt
2 tsp. cream of tartar

In large bowl, sift together all dry ingredients. Blend well. Put in large airtight container. Label. Store in cool, dry place. Use within 10 to 12 weeks. Makes about 10 cups of QUICK MIX.

Millionaire Bars

1 (14 oz.) pkg. caramels
⅓ cup evaporated milk
2½ cups QUICK MIX
¾ cup canola oil
⅓ cup cocoa
¾ cup granulated sugar

½ cup brown sugar, firmly packed
½ cup margarine, melted
⅓ cup evaporated milk
2 cups milk chocolate chips
¾ cup chopped nuts

Preheat oven to 350° F. Lightly grease and flour 9x13 inch baking pan. In medium saucepan, combine caramels and ⅓-cup evaporated milk. Cook over low heat about 10 minutes, stirring constantly until caramels are melted. Keep warm. In a medium bowl, combine QUICK MIX, canola oil, cocoa, granulated sugar, brown sugar, butter or margarine, and ⅓-cup evaporated milk. Stir until dough holds together. Press half of dough into prepared pan, reserving remaining dough. Press half of mixture into baking pan. Bake about 7 minutes, until edges are browned. Remove from oven and cool slightly. Drizzle caramel mixture evenly over baked crust and sprinkle with chocolate chips and nuts. Top with remaining dough. Bake 15 to 20 more minutes, until edges separate from pan. Cool thoroughly. Cut into 2-inch squares. Makes about 24 to 30 bars.

Sugar Cookies

3 cups QUICK MIX
1 cup sugar

¾ cup canola oil
½ cup milk or water

1 egg, slightly beaten

1 tsp. vanilla, lemon, or almond extract

Preheat oven to 375° F. Lightly grease baking sheets. Combine QUICK MIX and sugar in a medium bowl. Blend well. In small bowl, combine oil, milk or water, egg and extract. Add to dry ingredients. Blend well. Drop by teaspoonfuls onto prepared baking sheets. Bake 10 to 12 minutes until lightly browned. Makes 30 to 36 cookies.

Variations:

Flavor Drop Cookies: Add 1 cup nuts, raisins, small gumdrops, chocolate chips, butterscotch chips or dates. For coconut cookies, add 1½ cup shredded coconut. For peanut butter cookies, add ½ cup peanut butter. For orange cookies, omit extract and add 1 Tbsp. orange peel and ½ cup raisins. For molasses cookies, substitute 3 Tbsp. molasses for milk or water and add ⅛ tsp. mace.

Shaped Cookies: Decrease milk or water to 3 Tbsp. Shape dough into one-inch balls. Place about 3 inches apart on prepared baking sheets. Flatten each ball with the bottom of a glass dipped in sugar.

Rolled Cookies: Decrease milk or water to 3 Tbsp. On a lightly floured surface, roll out dough to ⅛-inch thickness. Sprinkle with sugar and cut into shapes. Place about one inch apart on baking sheets.

Hot Fudge Pudding Cake

1½ cups QUICK MIX

⅓ cup canola oil

1 tsp. vanilla

½ cup granulated sugar

¾ cup brown sugar,
packed

2 Tbsp. cocoa

¼ cup cocoa

¾ cup chopped nuts

1½ cups boiling water

½ cup milk

Preheat oven to 350° F. In unbuttered, 8-inch square pan, combine QUICK MIX, granulated sugar, 2 tablespoons cocoa, nuts, milk, oil, and vanilla. Blend well. Combine brown sugar and ¼ cup cocoa in small bowl. Add to water. Bring to boil. Gently pour over top of cake mixture. Do not stir. Bake 35 to 40 minutes, until edges separate from pan. Cool in pan 15 minutes before serving. Makes one 8-inch cake.

Caramel-Nut Pudding Cake

2½ cups QUICK MIX

½ cup chopped nuts

½ cup brown sugar, firmly packed
½ cup canola oil
⅔ cup milk

½ cup raisins, if desired
Brown Sugar topping, see below

Preheat oven to 375°F. Lightly grease an 8-inch square pan. In a medium bowl, combine QUICK MIX, brown sugar, raisins, if desired, and nuts. Mix well. Add oil and milk; blend well. Pour into prepared pan. Prepare Brown Sugar Topping. Gently pour over top of cake mixture without stirring. Bake 30 to 40 minutes, until cake springs back when lightly touched in center. Cool in pan 15 minutes before serving. Makes an 8-inch cake.

Brown Sugar Topping:

1 cup brown sugar, firmly packed
1 Tbsp. butter or margarine

2 cups boiling water

In small bowl, combine brown sugar, butter or margarine, and boiling water. Blend.

Hot Cocoa Mix

1 cup powdered sugar
½ cup unsweetened cocoa powder
¼ tsp. salt

½ cup non-dairy creamer
2¾ cups instant non-fat milk powder
1 cup miniature marshmallows, if desired

In sifter, combine powdered sugar, cocoa powder, non-dairy cream powder and salt. Sift into large bowl. Stir in milk powder and marshmallows, if desired. Pour into a 4-cup container with tight-fitting lid. Seal container. Label with date and contents. Store in cool dry place. Use within 6 months. Makes about 4 cups HOT COCOA MIX.

Hot Cocoa: Stir 3 to 4 Tbsp. mix into one cup hot water to make one serving.

Hot Chocolate Mix

1 (25.6-oz.) pkg. instant nonfat dry milk or
(10⅔ cups)
1 (6 oz.) jar powdered non-dairy creamer

2 cups powdered sugar
1 (16 oz.) can instant chocolate drink mix

Combine all ingredients in large bowl. Mix well. Put in large airtight container. Label. Store in cool, dry place. Use within 6 months. Makes about 17 cups of HOT CHOCOLATE MIX.

Hot Chocolate: Add 3 Tbsp. HOT CHOCOLATE MIX (see above) to 1 cup hot water. Stir to dissolve. Makes one serving.

Orange Float Mix

2 cups non-fat dry milk
2 cups powdered orange drink mix

1 cup sugar

Combine ingredients in large bowl. Blend well. Put in large airtight container. Label. Store in cool, dry place. Use within 6 months. Makes about 6 cups of ORANGE FLOAT MIX.

Orange Float: Add ½ cup of ORANGE FLOAT MIX (see above) to 8 ounces of cold water in blender. Add 2 to 4 ice cubes and blend well. Serve immediately. Makes one serving.

Fudgesicles From: *There's a Cow in the Kitchen* by Virginia D. Nelson

This is a fun way of using stored dry milk to make a tasty treat!

¾ cup sugar	1 ¼ cups non-instant dry milk powder (2 cups instant)
3 Tablespoon flour	4 cups hot water
1 Tablespoon cornstarch	½ teaspoon vanilla
¼ teaspoon salt	
3 Tablespoon cocoa	

Bring water to boil. Combine sugar, flour, cornstarch, salt, cocoa, and dry milk and beat into boiling water and cook 1 minute. Add vanilla and pour into ice cube trays, or small paper cups. Insert a plastic spoon, tongue depressor or craft stick in each. Freeze.

Sweetened Condensed Milk

1 1/3 cup instant nonfat dry milk (or ¾ cups non-instant)	½ cup boiling water
¾ cup sugar	2 Tablespoons butter

Melt butter in boiling water. Stir in sugar. Place in blender and with blender going add dry milk. Blend until smooth. Makes about 14 oz

Hello Dolly's (Also known as 7 layer bars or Magic Bars)

Melt a cube of butter in a 13 x 9 inch pan while preheating oven

Sprinkle evenly on top of the butter:

- 2 cups graham crackers finely crushed to crumbs (about one individual pkg.)
- 1 pkg. chocolate chips (or use ½ butterscotch chips and ½ chocolate)
- 1 cup chopped nuts
- 1 ½ cups coconut
- (optional: cover with mini marshmallows)

Pour one can of sweetened condensed milk over all.

Bake at 350 for 20-30 minutes until corners are golden brown (if you have marshmallows on top it will be darker than “golden”). Cool before eating (or eat warm with vanilla ice cream).

*note: this is a very flexible treat. If you don't have nuts, don't put them in; if you don't like coconut, don't use it; if you do-- use more.

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