

## Powdered Milk Recipes

### Milk Gravy

1 cup powdered milk  
3 cups water  
1 tablespoon margarine or butter  
3 heaping tablespoons flour  
1/2 teaspoon pepper  
1/2 teaspoon salt

Mix the water and powdered milk together. Add the flour, salt, and pepper. Cook over medium heat until the gravy is thickened. Add the margarine or butter and stir until smooth.

### Rich Hot Chocolate Mix

2 cups powdered milk  
1/2 cup cocoa powder, unsweetened  
1 cup sugar (or equivalent sugar substitute)  
1/4 teaspoon salt

Mix all ingredients and store in airtight container. To make one cup of hot chocolate, mix 1/4 cup dry mix with 1 cup boiling water.

### Chocolate Milk Mix

4 cups powdered milk  
1 cup cocoa powder  
3/4 cup sugar (or equivalent sugar substitute)  
1/2 teaspoon salt

Combine ingredients and store in a tightly covered container. To make 1 cup chocolate milk, use 1/2 cup dry mix and 1 cup water. Combine the dry mix with a small amount of the water and stir to make a smooth paste. Add the remaining water and chill.



### Biscuits

2 cups all-purpose flour  
1 tablespoon baking powder  
1 teaspoon salt  
1/3 cup powdered milk  
1/2 cup shortening  
3/4 cup water

Mix the flour, baking powder, salt, and powdered milk.

Mash in the shortening with a fork until the mixture is crumbly.

Stir in the water a little at a time to make a dough that is soft, but not sticky.

Knead the dough gently on a lightly floured board or counter-top.

Roll or pat the dough to 1/2 or 3/4 inch thickness; cut it with a knife or a small glass that has been dipped in flour.

Place the biscuits about 1 inch apart on an ungreased baking sheet.

Bake at 450 degrees for about 12 to 15 minutes or until they are golden brown.

### **Cheese Biscuits**

Add 1/3 to 1/2 cup grated cheddar cheese to the dry ingredients in step 1.

### **Whipped Topping**

1/2 cup ice cold water  
1/2 cup sugar  
1/2 cup powdered milk  
2 tablespoons lemon juice

Put water into an ice cold bowl. Add powdered milk and beat with a cold egg beater until stiff. Add sugar slowly while beating. Add lemon juice and beat only until well mixed.

### **Basic Dry Pudding Mix**

1 + 1/2 cups sugar  
2 + 1/2 cups powdered milk  
1 + 1/4 cups flour  
1 teaspoon salt

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

### **Creamy Fruit Smoothie**

3 cups fresh, frozen, or canned fruit, drained  
1 + 1/3 cups powdered milk  
1/2 cup water  
1/2 cup ice cubes  
1 teaspoon vanilla extract  
2 tablespoons sugar (optional)

Place all ingredients in blender; cover. Blend until smooth.

