

## Powdered Milk Recipes

### **Magic Mix\***

Ingredients:

2 1/3 cup powdered milk

1 cup all purpose flour

1 cup (2 sticks) butter at room temperature

Take out your mixer with beaters. Combine dry milk, flour and butter into a large bowl. Mix well. Store tightly covered in refrigerator. Use this mix to make creamy white sauces, gravy, condensed soups, pudding and even fudgesicles.

### **White Sauce**

Ingredients:

2/3 cup Magic Mix

1 cup water

In saucepan combine Magic Mix and water. Stir rapidly with a wire whisk over medium heat until it starts to bubble. Use in any recipe calling for a white or cream sauce.

### **Magic Mix Pudding**

Ingredients:

1/2 cup sugar

1 cup Magic Mix

2-3 Tbs Cocoa (optional)

2 cup water

1 tsp. vanilla

Combine Magic Mix, sugar and cocoa in saucepan and mix well. Add water, stir over medium heat until pudding bubbles. Add vanilla and beat. Cover and cool.

### **Cheeseburger Mac 'n Cheese**

Ingredients:

2 cup white sauce from Magic Mix

2 cup uncooked macaroni

2 cup cheese

1-2 tsp salt or galrllic salt (optional)

1/2 cup ketchup

1 Tbs yellow mustard

1 lb. cooked ground beef

1/4 cup dehydrated onions (rehydrate in 1/2 cup warm water, then drain)

1 bag frozen mixed vegetables

Cook macaroni in boiling water until tender. Cook hamburger while macaroni cooks.

Drain macaroni and make white sauce in empty pot. Combine all ingredients and heat through. Garnish with fresh tomatoes.

\* Thanks to [Crystal Godfrey](#) for these ideas

### **Hot or Cold Chocolate Mix**

Ingredients:

5 cups instant powdered milk

1 1/2 cup sugar

1/2 cup cocoa

1/2 tsp salt

Optional: 1/2 cup non dairy creamer

Mix ingredients together and store in air tight container

To use: Mix 1/2 cup of mix to 1 cup hot water. Stir until dissolved. Add more water to taste. Chill milk if you want it cold.

### **Yogurt**

2 cups 115°F water

3 T. heaping, plain yogurt or yogurt starter\*\*

1 1/2 cup dry milk powder or 3 cup instant (instant makes a sweeter yogurt)

Put water in blender. Add powdered milk slowly until smooth. Add yogurt and blend. Pour into yogurt maker. Let yogurt sit over night in fridge to thicken before adding sweeteners.

\*\* Always use pure cultured plain yogurt as a starter. Save a portion of your culture to start the next batch.

### **Cream of Chicken Soup Mix\*\*\***

Ingredients:

2 cups non-fat dry milk powder

3/4 cup cornstarch

1/4 cup instant reduced sodium chicken or beef bouillon granules

1/2 tsp dried thyme leaves

1/2 tsp dried basil leaves

1/4 tsp white pepper

Combine all ingredients and store in an airtight container. Add or adjust spices as desired. To prepare, combine 1/3 cup mix and 1 1/4 cup water together in sauce pan. Whisk until smooth and slowly heat until thickened. One recipe replaces one can cream of chicken soup.

\*\*\* Thanks to [Linda Larsen](#)

### **Peanut Butter Energy Balls\*\*\*\***

Ingredients:

1 cup old-fashioned oats, gluten-free  
1/2 cup peanut butter  
1/2 cup honey  
1/2 tsp vanilla extract  
2 Tbs non-fat dry milk powder  
1/2 cup mini dark chocolate chips (optional)  
For rolling: sweetened coconut flakes

In a medium bowl, stir together all ingredients, except those for rolling, until thoroughly mixed. Wrap dough in plastic wrap and place in refrigerator for about 1 hour to make it easier to roll. Roll into approximately 18 balls. Eat them as is or roll in coconut flakes. Store in refrigerator for up to one week.

\*\*\*\*Thanks to [Linda Warren](#)

### **Homemade Pancake Mix^**

Ingredients:

Dry Mix

7 3/4 cups all-purpose flour (scoop and level)  
1 3/4 cups dry non-fat milk powder  
1/2 cup granulated sugar  
1/3 cup baking powder  
1 1/2 Tbs salt

Ingredients to prepare pancakes

1 1/3 cups water  
3 Tbs butter (or vegetable oil)  
1 large egg

To make mix - in a large mixing bowl whisk together flour, dry milk, sugar, baking powder and salt for 1 1/2 minutes to evenly distribute everything. Store in an airtight container and keep up to 8 months if you can.

To make pancakes - Preheat griddle to 400°F In a large mixing bowl whisk together water, oil, and egg until well blended (pre-melt butter). Add in 2 cups pancake mix and whisk until combined (may still be slightly lumpy). Pour batter 1/3 cup at a time onto griddle. Cook until bottom is golden brown, flip and cook other side. Serve with butter and maple syrup or powdered sugar and fresh fruit.

^ Thanks to Jaclyn at [Cooking Classy](#)