



## Instant Nonfat Dry Milk Recipes — *puddings, Floats, Smoothies, Ice Cream, Soup, Milk Gravy and more! Recipes*

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### ***Basic Dry Pudding Mix***

1-1/2 cups sugar  
2-1/2 cups INDM  
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.

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### ***Vanilla Pudding***

1-1/4 cup Basic Dry Pudding mix  
2-1/2 cups warm water  
1 teaspoon vanilla  
1 tablespoon margarine or butter  
1 egg, beaten

Beat egg and water together then stir in dry mix. Put mixture in the top of a double boiler. Place over boiling water and cook until thickened, stirring constantly. Cover and cook 5 minutes longer. Add butter or margarine. Cook over hot water for 1 minute. Stir in vanilla and chill. Serves six.

### ***Chocolate Pudding***

Add 1 cup cocoa and 1/4 cup more sugar to the above ingredients before stirring.

### ***Caramel Pudding***

Substitute 1-1/2 cups packed brown sugar for granulated sugar.

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### ***Creamy Fruit Smoothie***

3 cups fresh, frozen or canned fruit, drained  
1 1/3 cups INDM  
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.

Sugar Substitutes:

To replace sugar in recipes with Equal™, Sweet'n'low™, Splenda™ or other sugar substitute, refer to package directions.

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### ***Ice Cream (no churn) - One Large Serving for One Person***

1/3 cup INDM  
1 cup water  
1 teaspoon vanilla extract  
3 tablespoons sugar (granulated or powdered)  
1/4 teaspoon salt

Mix the dry milk with the water and put it in the refrigerator overnight. The next day add the other ingredients and mix well. Put it in the freezer and allow it to chill. Stir the mixture every 30 minutes. Do NOT let the ice cream freeze solid. It is ready to eat when it is the consistency of soft-serve ice cream. Depending on the temperature of your freezer and how full your freezer is, the freezing process normally takes between 2 to 3 hours.

**Chocolate Ice Cream:** Add 1 tbsp. cocoa powder or 1 tbsp. chocolate syrup at the same time the vanilla extract is added. Mix well so the chocolate is blended consistently throughout the mixture.

**Fruit or Berry Ice Cream:** After putting the ice cream mixture in the freezer, wait 90 minutes. Then add finely chopped/diced fresh peaches or strawberries, or whole fresh blueberries to the freezer mixture just BEFORE it begins to harden. Stir well and then return the mixture to the freezer. This will help keep the fruit crisp tasting and prevent the fruit from becoming soggy.

**Walnut or Pecan Ice Cream:** After putting the ice cream mixture in the freezer, wait 90 minutes. Then add chopped/crushed walnuts or pecans to the freezer mixture BEFORE it begins to harden. Stir well and then return the mixture to the freezer. This will help keep the nuts chewy and prevent them from becoming soggy.

**Optional Ice Cream Churn:** If you have an Ice Cream Churn, crushed ice, and rock salt, then follow the directions for making ice cream that accompany the churn. You will need to modify the above quantities in order to utilize the capacity of the ice cream churn.

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## ***Chocolate Peanut Butter Float***

1 tablespoon plus 1 teaspoon cocoa  
2 tablespoons peanut butter  
4 scoops vanilla ice cream  
2 tablespoons water  
1/2 cup INDM  
1-1/2 cups water  
2 tablespoons sugar  
dash salt

Mix cocoa, sugar and salt in a small saucepan.

Add 2 tablespoons water and blend.

Heat over medium high heat until mixture starts to boil, stirring continuously.

Lower heat and simmer 2-3 minutes. (If needed, another 1 teaspoon of water may be added to prevent scorching.)

Remove pan from heat. Pour syrup into a blender. Add nonfat dry milk, 1-1/2 cups water and peanut butter to the blender. Blend at high speed briefly. Add 2 scoops of ice cream and blend until just smooth. Pour into two serving glasses. Add a scoop of ice cream to each glass.

Serve immediately.

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## ***Bread Pudding***

2 cups milk  
1-1/2 cups soft bread cubes  
1 tablespoon margarine or butter  
1/4 cup sugar  
1/4 teaspoon salt

1/3 cup raisins or nuts  
2 eggs, beaten

Heat milk; add bread cubes and butter or margarine. Add sugar, salt and raisins or nuts to eggs and then slowly stir in some of the hot milk mixture. Add remainder of hot milk. Pour into a greased baking dish and set in a pan of hot water. Bake at 350° F 1 hour or until set.

Serve immediately.

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### ***Easy Rice Pudding***

1/4 teaspoon salt  
2 cups water  
1/4 cup uncooked rice  
1/4 cup raisins  
3/4 cup INDM  
1/4 cup sugar  
1 cup water  
3/4 teaspoon vanilla  
Cinnamon or nutmeg, if desired.

Add salt to water, bring to a boil and stir rice into boiling water. Bring back to boiling point and lower heat until the water is just bubbling.

Add raisins, cover tightly and cook slowly for 20 minutes.

Combine dry milk and sugar, stir into water until mixed. Stir into rice, add vanilla.

Simmer 10 minutes or until flavors are blended. Chill. Serve sprinkled lightly with cinnamon or nutmeg, if desired. Makes six servings approximately 1/2 cup each.

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## ***Cream of Potato Soup***

2-1/2 cups cubed potatoes  
1 tablespoon chopped onion  
1-1/2 teaspoons salt  
1/2 cup INDM  
1 tablespoon flour  
2 tablespoons butter or margarine  
4 cups liquid (cooking liquid from potatoes plus water or fluid milk)

Cover potatoes and onion with boiling water.

Add salt and cook until tender.

Drain the liquid and save. Mash potatoes or put them through a sieve.

Add dry milk and flour to liquid.

Beat until smooth. Add butter or margarine. Cook over low heat or boiling water, until slightly thickened, about 15 minutes, stirring as necessary to prevent sticking and lumping.

Combine with potatoes and reheat. Serves six.

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## ***Corn Pudding***

3 eggs  
2 cups liquid (corn liquid plus water or fluid milk)  
1/2 cup INDM  
2 tablespoons melted fat  
2 cups drained cooked corn  
1 teaspoon salt  
Pepper

Combine eggs and liquid and add dry milk. Beat until smooth. Add other ingredients.

Pour into a greased baking dish and bake in a moderate oven (350° F) until set about 50 minutes. Serves six.

NOTE: Other vegetables may be used in place of the corn.