



Powdered Milk

3 Prep and cooking tips

- Dry milk can be mixed quickly with water to make fluid skim milk.
- Measure the powdered milk and add into a bowl, and add about half of the water needed.
- Stir, shake, or beat with wire whisk on slow speed to disperse milk.

2 Shopping and storage

- Dry milk should be stored in a tightly covered container. Uncovered, the milk powder takes up moisture and can become lumpy.
- An opened container can be stored at room temperature for several months and unopened container can be used for up to 2 to 10 years after the “best by” date.

1 Nutrition Fact:

- Contains vitamin D, calcium, and phosphorus that help grow and maintain strong bones.

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