

# Make the Most of Powdered Milk Food Storage

I think we all have a story from when we were young about being “forced” to drink powdered milk. My mother didn’t serve it to us regularly, because we would complain, but one day she had to take my younger brother to the hospital and left us with the “kind neighbor lady” a few houses down. I don’t remember much about that day except...she made us drink the WORST powdered milk I ever tasted!

That said, I have about 100 pounds of Nonfat Powdered Milk as part of my long term food storage, and I use it regularly (but not for drinking!)

This post is not about the specifics of what kind of powdered milk you need in your long term food storage. It is not about cow milk – vs – almond milk – vs – rice milk – vs – coconut milk. You can purchase all of these, and probably other kinds of “milk. They are readily available online or at your local grocer, the choice is yours. Just decide and begin purchasing. You need this to be prepared for any cooking emergencies that arise!

## **There are two types of Powdered Milk for Food Storage**

1. ***Instant nonfat powdered milk*** is made with a process that results in larger flakes and is easy to mix with a spoon or blender because it dissolves in water easily. It also makes a better drinking milk (some say), based on taste.

2. ***Regular nonfat powdered milk*** is more difficult to mix than instant. It dissolves slower and the best way to reconstitute it is with hot water in a blender, or with a wire whisk. This is what I purchase in bulk and use for cooking. It is the kind you use to make yogurt.

## Uses for your Powdered Milk

When I cook, I only use powdered milk. We are not big milk drinkers at my house (the kids are grown), so I find that if I purchase fresh milk it goes bad before I can use it all. I have found that the most economical way to use milk is to use the powdered milk I have in storage. That way I always have some on hand and don't have to worry about it.

If there are milk *drinkers* at your house, you might find this post from 2010- The Great Powdered Milk Taste Test and Review from Utah Preppers helpful. They did an in-depth comparison of 10 different powdered milk varieties and while the cost per can is probably outdated, it will give you a starting place to compare taste. To improve the taste some people add: 1 1/2 cups sugar & up to 1 tsp. vanilla to taste, mix well, chill and then serve.

Powdered, reconstituted milk can be used in any recipe that calls for dairy products and it will not effect the taste. You can make whole milk, evaporated milk, sweetened condensed milk, butter milk or yogurt from your powdered milk food storage. So use all that powdered milk you have on hand!

Use this **conversion chart to use powdered milk** in any recipe calling for milk. Some people add the dry powdered milk to the dry ingredients and water to the wet ingredients. I usually reconstitute it and add it all wet.

1 Cup Milk = 1 Cup Water + 3 Tablespoons Powdered Milk

3/4 Cup Milk = 3/4 Cup Water + 2 1/4 Tablespoons Powdered Milk

2/3 Cup Milk = 2/3 Cup Water + 2 Tablespoons Powdered Milk

1/2 Cup Milk = 1/2 Cup Water + 1 1/2 Tablespoons Powdered Milk

1/3 Cup Milk = 1/3 Cup Water + 1 Tablespoon Powdered Milk

1/4 Cup Milk = 1/4 Cup Water + 3/4 Tablespoon Powdered Milk

**Make your own Sweetened Condensed Milk:** (14 oz. can) Blend VERY WELL in blender.

1/2 C. Hot Water

1 C. dry Powdered Milk

1 C. Sugar

1 T. Butter

**Make your own Evaporated Milk:** (12 oz. Can) Blend VERY WELL in blender.

1-1/2 C. Water

1/2 C. + 1 T dry Powdered Milk

**Make your own Buttermilk or Sour Milk:**

1 C. Water

1/4 C Powdered Milk

Add 1 T lemon juice or white vinegar to a cup of milk and let it stand for 5 – 10 minutes.

**How to Blend Powdered Milk**

From [Cookin' With Powdered Milk \(Cookin` With Home Storage\)](#) by Peggy Layton

1 Cup Milk = 1 Cup

1. Fill blender 1/2 full with water

2. Turn on low and add powdered milk. Make sure the blender is going

before adding the milk, so it won't be lumpy

3. To avoid foam on the top of the milk, mix only long enough to blend
4. Pour into a large container. Add the remaining water and blend well. For best results mix and chill overnight
5. Store milk in the refrigerator after mixing just like fresh milk

You can find additional recipes in this publication “Nonfat Powdered Dry Milk” from Utah State University Extension – even grape milk – which sounds a little like something I might have tried at the “kind neighbor lady’s” house all those years ago! How do you use powdered milk?

Source: [www.preparednessmama.com](http://www.preparednessmama.com)