

Pantry News

June 2020 Issue # 5

We hope you have been enjoying the *Pantry News*. A newsletter designed with you in mind! You will have the opportunity to try out new recipes using food items that you receive in your pantry bag. This month we are featuring powdered milk in our recipes. Powdered milk is an inexpensive, shelf-stable alternative for a variety of different dairy products. It can be used in desserts and in main course dishes as well.

In the future look for upcoming and special events to be announced. Many of the anticipated events will be held just for our pantry consumers. We hope you will enjoy new things that will be coming our way!

Here are some interesting substitutions you can make with the powdered milk:

Sour Cream- Mix 1/3 cup powdered milk with 3/4 cup plain yogurt to replace sour cream in dips and other recipes.

Cocoa or Chocolate Milk- Mix 1 cup cocoa, 4 cups powdered milk, 1/2 teaspoon salt, 3/4 cup sugar, combine and store in airtight container. To make 1 cup hot cocoa- add 1/2 cup mix and 1 cup hot water and mix well. To make chocolate milk- stir a little water into the mix to make a smooth paste, then add the rest of the water.

Whipped Topping- Mix 1/2 cup ice cold water, 1/2 cup sugar, 1/2 cup powdered milk, 2 tablespoons lemon juice. Put water in ice-cold bowl (put bowl & beaters in the freezer for a few minutes before starting) Add milk and beat with cold beaters until stiff. Add sugar slowly while beating, then add lemon juice and beat just until mixed.

White Sauce- Over a low heat, mix 1/3 cup powdered milk, 3 tablespoons melted butter, 3 tablespoons flour to form a paste, slowly add 1 cup water or milk and whisk until smooth. You can add cheese, mushrooms, broccoli, or whatever you like.

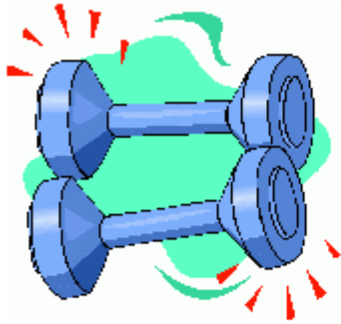
Homemade Powdered Creamer- 3 cups powdered milk, 1 cup powdered sugar (or 1/2 to 2 cups to achieve your desired sweetness), 1 tablespoon vanilla powder or cocoa powder (optional)- Combine the powdered milk and powdered sugar in a bowl and whisk together. Store in an air-tight container - it can last up to six months on your shelf! To use- just add a scoop or two to your coffee or hot cocoa for a creamy kick!

Powdered milk can also be added to scrambled eggs, soups, casseroles, meatloaf or meatballs, cookies and muffins to increase the protein. Start by adding 1 TB of powder per serving.

Reconstituting Powdered Milk

To equal this amount of liquid milk	Use this much Fresh Water	And this much Instant Non-Fat Dry Milk Powder
1/4 cup	1/4 cup	1-1/2 tablespoons
1/3 cup	1/3 cup	2 tablespoons plus 1 teaspoon
1/2 cup	1/2 cup	3 tablespoons
1 cup	1 cup	1/3 cup
1 quart	3-3/4 cup	1-1/3 cups
2 quarts	7-2/3 cups	2 -2/3 cups
1 gallon	15-1/2 cups	5-1/3 cups





MONDAYS WITH MARIE CHAIR EXERCISES ONLINE!

MONDAYS: 9:00 AM, MARIE WILL BE DOING A HALF-HOUR CHAIR EXERCISES CLASS VIA

WAYNE COUNTY OFFICE OF HUMAN SERVICES'

FACEBOOK PAGE.

Hand weights and resistance bands are used during the class; if you don't have those, you can improvise with canned goods and scarves!

Wayne County Area Agency on Aging - 570-253-4262

