

POWDERED MILK & EGGS

Why store powdered eggs and milk? Milk and eggs are staples in most families kitchens and in their diets. Most people don't go more than a few days comfortably without having milk and eggs in their fridge. If you have young children, milk is especially essential to their growth and development, and is a necessary source of calcium in their diets (3-4 cups per day). Powdered milk and eggs are the next best option to the real things.

What nutritional benefits are there to powdered milk?

- ✓ Excellent source of calcium (300mg per serving). Adequate calcium in your diet may reduce the risk of colon cancer and osteoporosis. *Nonfat dry milk has the same nutritional value as regular milk. It is made by removing the water from the pasteurized fat free milk.
- ✓ It is an excellent high protein food that is low in cost. One serving of nonfat dry milk has 8gm of protein which is the same as 1 oz. meat, 1 egg, 1 oz. tuna, 2 T. peanut butter, 2 inch cube of cheese, or 1/2 c. of dried peas or beans.
- ✓ Dry milk has been fortified with Vitamin A and Vitamin D, which are important vitamins to have in your diet. *If packaged correctly and stored in a cool, dry and dark place it will last for up to 30 years. (Keep away from rodents)

What situations would I need to use my powdered eggs and milk? Besides the fact that it is MUCH less expensive to use powdered eggs and milk, the following are scenarios when we would need to use the powdered products in our food storage:

- ✓ Job loss; can't afford to purchase milk and eggs any longer.
- ✓ Inflation; the price of milk and eggs could get so high it makes it difficult financially to purchase eggs and milk.
- ✓ Natural disasters; because of damaged roads, power outages, and a 'run' on your local grocery store, they may not be eggs and milk available for several weeks.
- ✓ Trucking strikes, winter storms, and/or famine; all of these scenarios would make it very difficult to get access to milk and eggs.

Is it less or more expensive to use powdered eggs and milk?

Average gallon of cows milk = \$1.89-\$3 a gallon

Average gallon of powdered milk (bought at the LDS Cannery for around \$35/25lbs.) = \$1.12 per gallon.

Average price of dozen chicken eggs = \$1-\$2/dozen

Average dozen eggs from powdered eggs = .70-\$1/dozen (assuming you purchase a can of 226 eggs for \$12-\$16)

Yes, it is MUCH less expensive to use powdered eggs and milk in your cooking and baking!

How do you incorporate powdered milk and eggs into your diet?

- ✓ Use in every recipe that calls for cows milk or eggs. Use the ratio of 1 c. milk = 1 c. water + 3 T. dry powdered milk. Don't mix the water and powder first, just add into your recipes with the wet ingredients. For eggs the ratio is: 1 egg = 1 T. egg powder + 2 T. water
- ✓ Reconstitute 2 quarts of the powdered milk and pour into your milk jug when your cow's milk is half gone. Your family will never know and you will be able to prolong the need to go to the grocery store and it will save you money from buying milk at full price.
- ✓ Use your powdered milk to make basic milk products such as: evaporated milk, buttermilk, and sweetened condensed milk.
- ✓ Add dry powdered milk to your favorite bread recipes. You will not notice the 2-3 T. of powdered milk in your recipes, but it will help you rotate through your supply and add extra nutrients to your recipe.
- ✓ Use your reconstituted powder milk with a little chocolate or strawberry syrup. The syrup will cover up the powdered milk flavor and your children will never know! Also, add a little vanilla to your prepared powdered milk and it will help soften the flavor of the milk.

- ✓ Powdered milk and eggs are great to take camping because they don't need to be refrigerated.
- ✓ Add the milk powder to milkshakes, in cooked cereals, in mixes, mashed potatoes, gravies, puddings and cream sauces.

Powdered Milk Conversion Chart

Baking or cooking with powdered milk conversions: 1 c. water + 3 T. dry milk powder = 1 c. milk

Ratios for drinking powdered milk: 3/4 c. dry milk powder + 1 c. hot water + 3 c. cold water = 1 quart milk

3 c. dry milk powder + 4 c. hot water + 12 c. cold water = 1 gallon of milk

Milk Alternate conversions:

1/2 c. dry milk powder (alternate) + 1 c. hot water + 4 c. cold water = 1 quart milk

Powdered Egg Conversion Chart

1 T. dry egg powder + 2 T. water = 1 large egg

2 T. dry egg powder + 4 T. water = 2 large eggs

1/4 c. dry egg powder + 1/2 c. water = 3 large eggs

Egg Replacers

1 T. ground flaxseed + 2 T. water = 1 large egg

1 t. baking powder + 1 T. water + 1 T. vinegar = 1 large egg



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