


COMMON SUBSTITUTIONS USING DRY MILK


Fresh Milk Substitute

Reconstitute 1/3 cup dry milk powder with 1 cup water to make 1 cup fluid milk. Use for drinking, cereal, recipes.

Dry Buttermilk Powder Substitute

Use:

 Same amount of milk powder as buttermilk powder
Then add:

 A pinch of acidity (this is key)
¼–½ tsp citric acid or
A little extra lemon powder / vinegar powder (if you have it)

Cream Soup Base Substitute

Blend 2/3 cup dry milk powder, 1/4 cup flour or cornstarch, and 1 cup water. Whisk while cooking until thickened. Add seasonings. Use for thickening soups/sauces.

Store-Bought Dip Mix Substitute

Combine dry milk powder, herbs (dill, garlic powder, onion powder), salt, and pepper. Reconstitute with sour cream, Greek yogurt, or mayonnaise.

Coffee Creamer Substitute

Mix 1 cup dry milk powder, 1/4 cup powdered sugar, and optionally 1/4 cup non-dairy creamer or coconut oil powder. Add flavorings like vanilla or cinnamon.

Hot Cocoa Mix Substitute

Blend 1 cup dry milk powder, 1/2 cup powdered sugar, and 1/4 cup cocoa powder. Whisk with hot water or milk.

Heavy Cream in Frozen Desserts Substitute

Mix 3/4 cup reconstituted dry milk with 1/3 cup melted unsalted butter or coconut oil. Use for rich ice cream or frozen treats.

1 Cream/Butter in Mashed Potatoes Substitute

Stir in 1/2 cup dry milk powder, 1/4 cup reserved potato cooking water, and 2 tbsp butter to hot mashed potatoes. Adds rich, creamy texture.

Mac & Cheese Powder Substitute

Combine dry milk powder, nutritional yeast, optional cheese powder, salt, pepper, garlic powder, and onion powder. Add to hot pasta with butter.

Cream in Egg Dishes Substitute

Whisk 1/2 cup reconstituted dry milk into 4-6 *eggs* before cooking scrambled eggs or omelets. Makes them rich and tender.

Fresh Milk in Baking Substitute

Add dry milk powder directly to dry ingredients in cakes, cookies, and muffins. Typically 1/3 cup powder per cup of liquid milk needed for fillings.

Milk in Bread Substitute

Add 1/4 cup milk powder per cup of ingredients in cakes, cookies, and muffins. Typically 1/3 cup powder per cup of liquid milk needed. Reconstitute first for puddings and fillings.