

# 6 ways to use Milk Powder

Milk comes in a range of convenient formats – fresh, long life UHT or milk powder. Whatever the format, you will always benefit from the goodness of dairy.

Milk powder is also naturally rich in high quality protein and essential nutrients such as calcium.



**Porridge** – For every 1 cup of milk needed; substitute 4 tablespoons of powder to dry ingredients and mix well with 1 cup of water

**Smoothies** – add 1 or 2 tablespoons per serving to the rest of the ingredients and blend

**Coffee or tea** – make up a litre of milk to keep handy in the fridge (add 1 cup powder to 1 litre water) and add this to your coffee or tea

**Soups** – add 1 or 2 tablespoons per serving, stirring constantly, to add richness to your soups

**Mashed Potato** – add 1/4 cup milk powder per 1 cup serving

**Puddings, custards, gravies, sauces** – add 1/2 cup milk powder to each cup of water or broth



Feed out



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