



# 5 Powdered Milk Recipes

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# Basic Powdered Milk Yogurt - Recipe #1

## Ingredients

- 2 cups warm water (110°)
- 1 cup non-instant milk powder
- 2 TBS plain yogurt\* (unflavored)

\* You'll need to purchase plain yogurt ([starter](#)) for the first batch you make. Using a starter provides the live, active beneficial bacteria cultures. All future batches, you can use your homemade yogurt for a starter. For an alternative, you can purchase [Freeze Dried Yogurt](#) for a starter.

## Directions

Pour warm water into blender and turn on at low speed. Add milk powder slowly. Blend until smooth. Add yogurt and blend a few more seconds. Pour into jars or glasses. Set with a method of your choosing (see method instructions below).

NOTE: IT IS IMPORTANT TO KEEP YOUR YOGURT MIXTURE BETWEEN 110° AND 120° OR IT WILL NOT SET UP. I WOULD SUGGEST PICKING A METHOD, FILL A GLASS CONTAINER WITH PLAIN WATER WITH A THERMOMETER IN THE WATER, AND LET THE WATER SET FOR SEVERAL HOURS. CHECK THE WATER TEMPERATURE. IF THE READING IS BETWEEN 110° AND 120°, THEN THAT METHOD WILL WORK FOR YOU. IF THE TEMPERATURE IS NOT WITHIN THE CORRECT PARAMETERS, MAKE ADJUSTMENTS OR FIND ANOTHER METHOD. THE FOLLOWING ARE SEVERAL METHOD OPTIONS. I CURRENTLY AM FINDING CONSISTENT SUCCESS WITH OPTION #4.

Method - Incubation Options: {1} Place jars neck-deep in warm water. Cover pan with lid. Set on Yogurt Maker (commercial or homemade) and keep temperature between 110° to 120°. Will take about 8 hours to set up. Chill immediately. {2} Turn on a heating pad to the medium setting (cannot use a heating pad that turns off automatically every hour). Place a folded towel over the heating pad. Set jars on towel. Cover with another towel. When set, after about 8 hours, chill immediately. {3} Place yogurt solution in a Thermos, wrap in a towel, and set in a warm spot, preferably on top of a warm appliance such as a refrigerator. Will take about 8 hours. {4} Place glass jar (gallon or quart) on a cookie sheet in the oven. Experiment to see exactly where the temperature needs to be set to maintain the proper 110° to 120° in your oven. Let set for about 8 hours. I set my electric oven temperature halfway between 150° and off.

----- by **Terry Clark**

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## Yogurt Sour Cream - Recipe #2

Using the above recipe, place yogurt in a paper towel lined colander. Cover with another paper towel. Set inside another bowl to catch liquid. Let drain several hours until its the consistency of sour cream.

----- by **Terry Clark**

## Yogurt Cream Cheese - Recipe #3

Using the above recipe, place a paper towel in the bottom of a colander. Put 2 cups of homemade yogurt on the paper towel. Cover with another paper towel. Set colander inside of a larger bowl to catch liquid. Place the whole thing in the refrigerator over night. The result is cream cheese. If you want a dryer product, replace wet paper towels with dry paper towels and allow to set longer.

----- by **Terry Clark**

## Yogurt Pancakes - Recipe #4

### Ingredients

- 1 TBS baking powder
- 1/2 tsp baking soda
- 1 tsp salt
- 3 TBS sugar
- 3 eggs
- 2 cups plain yogurt
- 1/2 cup butter, melted
- 2 cups all-purpose flour

### Directions

Mix all ingredients together. If batter is too thick, add a little milk until it reaches a good "pancake batter" consistency--pourable, but not runny.

----- by **Terry Clark**

# Meatball Stroganoff - Recipe #5

## Ingredients

- 1 jar Heinz® Home-Style Beef Gravy (12oz.)
- 1/2 cup sour cream or yogurt
- 1 pkg frozen fully cooked meatballs, thawed
- 1 pkg egg noodles

## Directions

Cook noodles and set aside. Empty gravy into a saucepan and bring to a boil. Stir in sour cream and meatballs. Reduce heat; cook, uncovered, for 15-20 minutes or until heated through, stirring occasionally.

Serve over noodles.

----- by **Terry Clark**

<http://www.prepperssurvive.com/powdered-milk-recipes-printable/>