

Make Your Own “Whipped Powdered Milk”

Powdered Milk – Whipped

General Instructions:

Difficulty: Moderate

General Notes to Help:

1. By Placing the large deep bowl and beaters in the freezer for 15 minutes to thoroughly chill will help greatly.
2. When ready to beat, place ice water and dry milk powder into the chilled bowl and beat until soft peaks form.
3. Then, gradually add in the sugar and vanilla and continue whipping until firm peaks form.
4. Use immediately on your favorite desserts, cakes and pies as a topping.

Recipe-1:

Put 1/2-cup of icy water into a large chilled bowl and place it in your freezer.

When ice crystals form around the edges remove it from the freezer.

Add 1/2-cup instant dry milk powder.

Whip the mixture with electric beaters until it is light and fluffy.

This will take a couple of minutes.

Add 2-tablespoons sugar

Add 1-teaspoon of lemon juice

Add 1/2-teaspoon of vanilla.

Beat until thick enough to spoon like whipped topping.

Use immediately



Recipe-2:

1 packet unflavored gelatin

1 tablespoon water

1/3 cup boiling water

1 cup tap water

1 cup instant non-fat dry milk powder

1/3 cup sugar

1/3 cup vegetable, peanut, or olive oil

1 teaspoon vanilla

2 to 3 teaspoons lemon juice



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First take the cup of tap water and pour it into a large bowl.
Put this large bowl of water into the freezer while you do everything else.
Use a metal bowl because the water chills faster.
Next place the unflavored gelatin into a small cereal bowl.
Add one tablespoon of water and let it soften up.
Add the boiling water to the gelatin mixture.
Stir it with a fork for several minutes, to dissolve the gelatin completely.
Let it sit and cool down some.
Meanwhile measure the oil, vanilla and lemon juice all into a small container.
Set it aside.
Also measure the sugar and set aside.



When the water in the freezer has ice crystals forming on it, take it out and place it on the counter.
Pour in a full cup of dry milk powder.
Using electric beaters, whip the mixture at high speed until it forms stiff peaks.
This will take about a full five minutes.



Continue beating, and gradually add the sugar.
When it is fully incorporated, gradually add the cooled gelatin mixture.
When this is fully incorporated, gradually add the oil, vanilla, lemon juice mixture, in a small stream.
The texture of the topping will change a little bit, becoming bright white and creamier.
This is normal.

Now place the bowl into the freezer again for about 10 or 15 minutes.
It will chill and thicken.
Stir it with a wire whisk right before serving.
You may serve it right away, or keep it in the fridge for a few days.
Be sure to stir it before serving, because it tends to thicken up while it sits.
Stirring it will make it creamy again.



You may increase the recipe, to make enough for a larger family.
It doesn't taste the same as the non-dairy whipped toppings you find at the supermarket.
It actually tastes much better.

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The dry milk powder gives it a dairy flavor which, to the taste buds, is much more satisfying than the chemical fluff available in the freezer at the market.

It costs about as much cheaper to make, then the equivalent at the store.

This recipe is quite easy after you've made it a couple times, and find the rhythm of it. Serve it anywhere you would regular whipped topping, and even use it in fancy pudding or gelatin creations.

It holds up nicely.

Great as a topping for Cream Pies.

If you are trying to cut down on cholesterol, this recipe will work as well as real whipping cream on most deserts.



Recipe-3

Frozen Whipped Topping Substitute

1 tsp. gelatin
2 tsp. cold water
3 tbsp. boiling water
1/2 cup ice water

1/2 cup powdered milk
4 tbsp. sugar
3 tbsp. oil
1 tsp. vanilla
1/4 tsp. salt



Soften gelatin in 2 teaspoons cold water.

Add boiling water to dissolve gelatin.

Cool to tepid.

Beat 1/2 cup ice water and milk together to stiff peaks.

(Bowl and beaters should be in freezer for 15 minutes before beating.)

Gradually add the sugar and oil while still beating.

Add gelatin mixture, vanilla and salt, beating to blend.

Refrigerate.

Mixture will thicken in refrigerator.

Stir to make creamy.



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Recipe-4

Diabetic

Diabetic Dessert Recipes: Whipped Cream for Diabetes
Looking for an alternative to regular whipped cream?
Try this safe alternative.
It is tasty!



Diabetes Recipe:
Ingredients:

1/4 cup water – very cold
1/4 cup nonfat powdered milk
1 tbsp lemon juice
1/3 cup SLENDA



Instructions:

- 1 Using an electronic mixer, beat the milk powder and the ice water in a medium bowl until peaks begin to form in the mix.
- 2 Next mix in the lemon juice and sugar substitute – careful not to flatten the cream.
- 3 Cover and place in the fridge until ready to serve.

- Calories: 9
- Total Carbs: 1.8
- Dietary Fiber: 0
- Sugars: 0.9
- Fat: 0
- Sodium: 9.8



Enjoy!

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Recipe – 5

Mix Whipped Topping

6 tablespoons instant(3 1/2 non-instant) dry milk
1 cup boiling water
2 Tablespoons cold water
1 teaspoon vanilla
2 tsp unflavored gelatin
2-4 tablespoons sugar



Dissolve the Powdered Milk in the cup of water and scald. Soak the gelatin in cold water. Combine the scalded milk, dissolved gelatin and sugar. Stir and chill in the refrigerator until it jells. Now Beat the mixture until it acquires the consistency of whipped cream. Add the vanilla and whip again or any other flavors you and your family likes.



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<http://www.google.com/images?q=%2Bwhipped+cream+desserts&um=1&hl=en&tbs=isch:1&sa=N&start=80&ndsp=20>

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