

Nutrition Facts

Serving Size: 5 Tbsp (21g) Dry
 Servings Per Container: 39

Amount Per Serving			
Calories 70	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 115mg			5%
Total Carbohydrate 11g			4%
Dietary Fiber 0g			0%
Sugars 10g			
Protein 7g			
Vitamin A 10%	•	Vitamin C 4%	
Vitamin D 25%	•	Riboflavin 20%	
Calcium 35%	•	Iron 0%	

*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g

CAN MAKES APPROXIMATELY 2.5 GALLONS.

DIRECTIONS:

Add powder to water and stir. Best if mixed in water in a mixing pitcher and chilled overnight. This gives a more smooth consistency to the milk.

For best results: Cover and chill at least 4 hours before serving.

AMOUNT	NONFAT DRY MILK	WATER
1 Cup	5 Tbsp or about 1/3 Cup	1 Cup
1 Quart	1 1/3 Cups	1 Quart
2 Quarts	2 2/3 Cups	2 Quarts
1 Gallon	5 1/3 Cups	1 Gallon

INGREDIENTS: Nonfat dry milk, vitamin A palmitate, vitamin D3.

CONTAINS ALLERGEN: Milk.

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