I Make My Own BUTTERMILK

why don't you?

WHAT YOU USE: buttermilk water nonfat dry milk

COOPERATIVE EXTENSION SERVICE • COLLEGE OF AGRICULTURE
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make your own

Buttermilk!

1

Buttermilk you have bought or some you have made - \( \frac{1}{2} \) cup.

2

Warm water - 3 cups.

Put the buttermilk, water, and nonfat dry milk in a big clean jar.

3

Nonfat dry milk - 1 cup. OR Instant nonfat dry milk - \( 1\frac{1}{3} \) cups.

Nonfat dry milk is lighter in weight. You have to use more.
4. Stir or shake.

5. Cover the jar with a clean cloth or lid.

Let the milk stand in a warm room until it clabbers. This takes about 10 hours in the winter or 5 hours in the summer. After it clabbers, keep the buttermilk in the refrigerator.

Save \( \frac{1}{2} \) cup of your buttermilk. Use it to mix buttermilk next time.

After you have made buttermilk about 15 times, you should buy some from the store and use \( \frac{1}{2} \) cup of it to make your next quart.
Buttermilk tastes good. Use it often. It helps you have strong bones and teeth.

Adults need 2 cups of milk every day.
Children need 3 cups of milk every day.
Teen-agers need 4 cups of milk every day.
Mothers-to-be need 4 cups of milk every day.
Nursing mothers need 6 cups of milk every day.

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