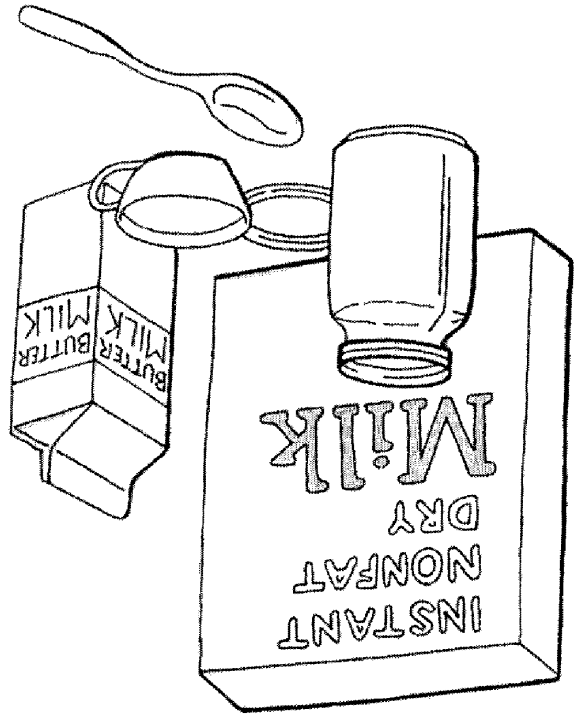




for 1 gallon of buttermilk
2 cups buttermilk
3 quarts water
5½ cups instant nonfat dry milk

for 1 quart of buttermilk
½ cup buttermilk
3 cups water
1½ cups instant nonfat dry milk



Make Your Own Buttermilk

Buttermilk Tips

- Save some buttermilk to make more buttermilk.
- You can use buttermilk as a starter to make more.
- You can make it about 15 times this way.
- Then buy more buttermilk at the store.
- Save some of it to make buttermilk next time.

Buttermilk is good for you.

- Buttermilk has calcium. Calcium helps build strong bones and teeth.
- Buttermilk has protein, too. Protein helps you grow and helps repair your body.

Buttermilk tastes good.

Use it for drinking and cooking.

Buttermilk is cheaper when you make it.

Everyone needs milk and cheese.

Your family needs this many servings every day.

	Servings
Children	
1 to 3 years old	2 to 3
4 to 8 years old	3
Young people	
9 to 18 years old	4
Adults	
over 19 years old	3
Mothers-to-be	4
Nursing mothers	4 or more

A serving is


- 1 cup milk or buttermilk
- 1 cup yogurt
- 1½ ounces cheddar cheese
- 2 slices processed cheese
- 1½ cups ice cream
- 2 cups cottage cheese

How to Make Buttermilk

This recipe makes **1 quart** of buttermilk.

1 Buttermilk that you bought or made before.

Put buttermilk in a big, clean jar.



1/2 cup

2

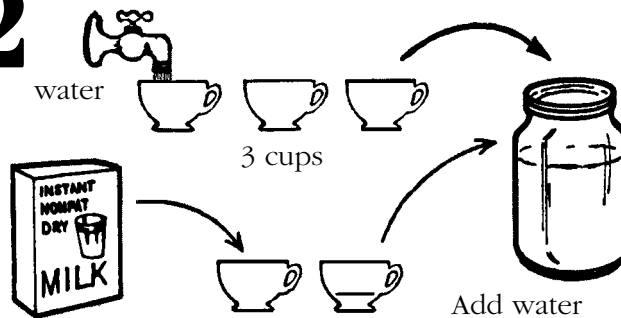
water

3 cups

Instant nonfat dry milk

1 1/2 cups

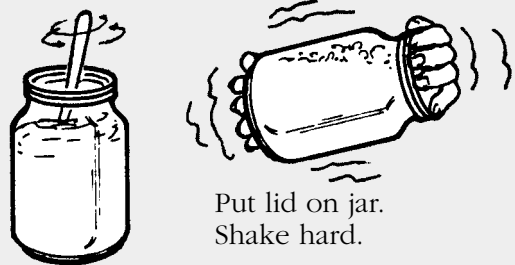
Add water and dry milk to buttermilk.



3

Stir well.


Put lid on jar. Shake hard.



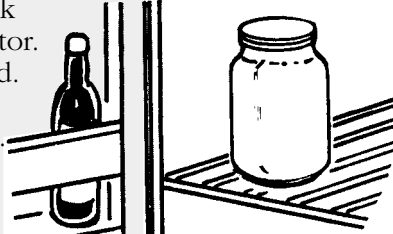
4

Cover the jar. Use a lid or clean cloth. Let milk stand in a warm room. Let it clabber.

This takes about 10 hours in the winter. It takes about 5 hours in the summer.

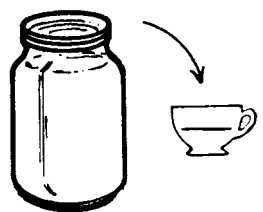


5 Keep buttermilk in the refrigerator. Keep it covered. It tastes better when it is cold.



6

Save 1/2 cup of buttermilk. Use it to make more buttermilk. This will make 1 quart.



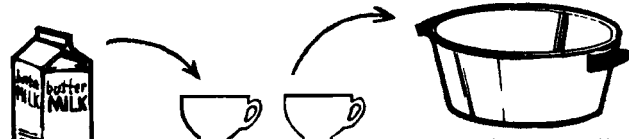
This recipe makes **1 gallon** of buttermilk.

1

Buttermilk

2 cups

Put buttermilk in a large boiler.



2

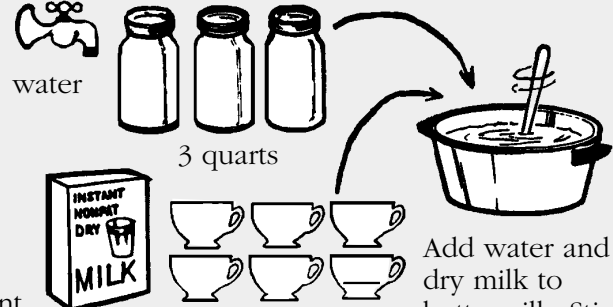
water

3 quarts

Instant nonfat dry milk

5 1/2 cups

Add water and dry milk to buttermilk. Stir it real good.



3


Pour milk in clean jars.



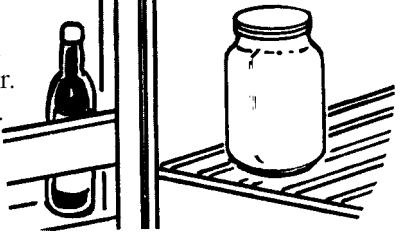
4

Cover the jars. Use a lid or clean cloth. Let milk stand in a warm room. Let it clabber.

This takes about 10 hours in the winter. It takes about 5 hours in the summer.



5 Keep buttermilk in the refrigerator. Keep it covered. It tastes better when it is cold.



6

Save 2 cups of buttermilk. Use it to make more buttermilk. This will make 1 gallon.

