

# Food Prep – Powdered Milk – full cream

## 1 Full cream milk

To make 2 cups of milk mix a  $\frac{1}{2}$  cup of full cream milk powder with 3 X  $\frac{1}{2}$  cups of water



## 2 1 half cup full cream milk



## 3 3 half cups of water



## 4 Makes



2 cups full cream milk

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

### **Key skills:**

This resource is designed to provide a step by step guide to preparing an ingredient or examples of different ingredients

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated,.

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