



# Morning Moo's Milk Alternatative Regular

## MORNING MOO'S® Low Fat Milk Alternative

Reconstituted, Morning Moo's® Low Fat Milk Alternative performs like non-fat powdered milk with the real taste of milk. Morning Moo's® is a healthy drink meant to be used by your family at meal time, in your favorite recipes, and in your long term food storage.

### Mixing Instructions

*(Stir before use. Some settling may have occurred)*

- Using the chart below, dissolve indicated amount of dry product in corresponding volume of warm water. Mix in a pitcher or blender until dissolved.
- Add cold water up to desired quantity and chill in a closed container before serving.
- Proportions may be altered to suit individual taste.

Desired Volume	Volume Dry Product	Volume Warm Mixing Water	Volume Cold Mixing Water
1 quart	1/2 cup	1 cup	3 cups
2 quarts	1cup	1 pint	3 pints
1 gallon	2 cups	1 quart	3 quarts

### General Directions for Use

Liquid Morning Moo's® (Regular strength – ½ cup powder to 4 cups water) may be used for drinking and in your favorite recipes in place of milk. Double strength makes an excellent substitute for light cream. Morning Moo's® whey base has a shortening effect, reducing the amount of shortening needed in many doughs.

### Morning Moo's® Variable Strengths

Light or half strength .....	1/4 cup Morning Moo's® to 4 cups hot water
Regular or full strength.....	1/2 cup Morning Moo's® to 4 cups hot water
Double strength.....	1 cup Morning Moo's® to 4 cups hot water
Condensed or triple strength.....	1 1/2 cups Morning Moo's® to 4 cups hot water

Buttermilk: Mix 4 tablespoons buttermilk powder to 1 cup liquid Morning Moo's® (regular strength).

Creamer: 1 teaspoon dry Morning Moo's® makes an excellent creamer when added to one cup of hot coffee or tea.

Thank you for using **MORNING MOO'S®**

## Nutrition Facts

Serving Size: 2 Tbsp (17g)  
Servings Per Container: 93

Amount Per Serving			
Calories 70		Calories from Fat 20	
			% Daily Value*
<b>Total Fat</b>	2.5g		<b>4%</b>
Saturated Fat	2g		<b>11%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	110mg		<b>5%</b>
<b>Total Carbohydrate</b>	8g		<b>3%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	1g		
<b>Protein</b>	3g		
Vitamin A	8%	•	Vitamin C 0%
Calcium	10%	•	Iron 0%
Vitamin D	25%	•	Riboflavin 4%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:	Fat 9	Carbs 4	Protein 4

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**Ingredients:** Sweet whey, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, polysorbate 80, sodium silicoaluminate, tetrasodium pyrophosphate, soy lecithin), nonfat milk, sugar, guar gum, vitamin A, vitamin D.

**Contains allergens:** Dairy and soy.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

Contains oxygen absorber. Discard immediately upon opening. Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%). Sealed: to 25 years / Opened: to 1 year

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

**23.25 QUARTS**  
**NET WT. 3 LBS 8.0 OZ (1.58 kg)**