Nonfat Whipped Topping

1/2 cup nonfat dry milk
1/3 cup ice cold water
2-3 Tablespoons sugar
1 Tablespoon lemon juice
1/4 teaspoon vanilla, if desired

Chill the mixing bowl. Blend the dry milk powder and ice water in the chilled bowl, using an electric mixer or a hand beater. Beat until stiff peaks form, about 5 minutes. Gradually add the sugar, beating well after each addition. Add the lemon juice and vanilla, if desired, and beat them in only until they are well mixed. Refrigerate. Use like whipped cream.

Cornstarch Pudding

2 Tablespoons cornstarch
1/4 teaspoon salt
1/4 cup sugar
2 cups milk (can use reconstituted nonfat dry milk)
1 teaspoon vanilla

Mix cornstarch, salt, and sugar. Add milk gradually and cook over double boiler on low heat, stirring constantly until thickened. Cover and cook 10 minutes longer. Stir occasionally. Cool slightly. Add vanilla and stir. Chill and serve.
Nutrition Facts

Yield: 2 1/2 cups
Amount Per Cup

Calories 110 1% of total calories from fat
Total Fat .1g Sodium 76mg
*Vitamin A 10% *Vitamin C 4%
*Calcium 17% *Iron 0%

*Percentage Daily Values

Nutrition Facts using nonfat milk

Servings Per Recipe 4
Amount Per Serving

Calories 107 2% of total calories from fat
Total Fat .2g Sodium 197mg
*Vitamin A 7% *Vitamin C 2%
*Calcium 15% *Iron 0%

*Percentage Daily Values