



Make Your Own MIX

Introduction to Homemade Mixes

Convenience and Cost

With mixes on the shelf, you can turn out biscuits, cakes, side dishes, pies and cookies “quick as a flash,” and you have the freedom to select the kind of ingredients you like. The cost of a homemade mix is generally less than a commercial mix, but savings will vary with the richness and cost of ingredients. The Master Mixes can be used in place of purchased basic mixes.

Storage

It is an added convenience to store the mix in quantities measured out for your usual needs. Use glass jars or plastic bags or containers for storage. Label each batch with quantity and use (for example: 2 cups Master Mix for 10 biscuits — add ½ cup water) or whatever information will be most helpful. Store mixes in a cool, dry, dark cupboard. Shelf life is approximately 6 months.

Choice of Ingredients

Flour — Recipes are designed for all-purpose flour unless other flours are indicated. If you prefer specialty blend flours, they may be purchased or you may make your own blends.

Flour blends by percentage:	For example, to make 5 cups specialty flour use:
A —whole wheat or rye - 50% all purpose flour - 50%	A —2½ cups whole wheat or rye 2½ cups all purpose flour
B —soy, corn, or barley - 20% all purpose flour - 80%	B —1 cup specialty flour 4 cups all purpose flour
C —oat - 25% all purpose flour - 75%	C —1¼ cups oat flour 3¾ cups all purpose flour

Milk — Generally the least expensive, most convenient form of milk to use in baked products is nonfat dry milk. It can be sifted with the flour. For the liquid milk called for in the recipe, use water or additional liquid skim milk. If non-fat dry milk is not mixed with dry ingredients, reconstitute with water in proportion of ¼ cup dry milk to 1 cup water.

Oil or non-hydrogenated shortening— Use only the kind that does not need refrigeration.

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Eggs — To reduce cholesterol, 2 egg whites may be used to replace 1 whole egg, or 1 whole egg and 2 egg whites to replace 2 eggs.

Nutrition Information

Nutritional values on calories, fat, cholesterol and sodium have been included for 1 serving of each recipe. Values for key vitamins and minerals and for dietary fiber have

also been included when the amount of the nutrient is 10 percent or more of the Daily Value (DV). When a food contains 10 percent or more of the Daily Value for a vitamin, mineral, or for dietary fiber, it is considered to be a “good source” of that nutrient.

Nutrient analysis on the recipes was based on the use of skim milk and whole eggs when a choice was given in the recipe.



QUICK MASTER MIX

9 cups all-purpose flour
½ cup double-acting baking powder
1 tablespoon salt
2 cups nonfat dry milk
1 teaspoon cream of tartar (optional to keep mix dry)
⅓ cup sugar
1 to 1½ cups oil or non-hydrogenated shortening

Measure flour; stir in baking powder, salt, dry milk, cream of tartar and sugar into flour. Sift into a large bowl. Cut in shortening until mix is consistency of corn meal. Store in covered containers at room temperature. Makes about 13 cups of Master Mix.

BUTTERMILK MASTER MIX

8 cups all-purpose flour
⅓ cup baking powder
2 teaspoons salt
¾ cup dry buttermilk
¼ cup sugar
2 tablespoons soda
1 to 1½ cups oil or non-hydrogenated shortening

Combine as directed in Quick Master Mix. Griddle cakes are especially good with this mix, or use in your favorite biscuit mix recipe. Makes about 11 cups of Master Mix.

NOTE: To measure Master Mix for recipes, pile it lightly into the measuring cup and level off with spatula.

Griddle Cakes or Waffles

2 cups Master Mix (Quick or Buttermilk)
1 whole egg (or 2 egg whites)
1 cup liquid (water or milk)

Stir the combined liquid and beaten egg into the mix until blended. Bake on lightly oiled hot griddle or waffle iron. The liquid may be increased if a thinner griddle cake is desired. For waffles: fold in beaten egg whites.

Variation: Try adding 1 to 2 tablespoons cornmeal, or ¼ cup quick oatmeal, fruit or nuts for variety.

Makes 10 griddle cakes or 6 waffles.
Serving size: 1 griddle cake or ½ waffle.

Per serving using Quick Mix Griddle Cakes: calories, 134; fat, 5g; cholesterol, 22mg; sodium, 250mg. Good source of calcium (10% of DV).

Per serving using Buttermilk Griddle Cakes: calories, 142; fat, 6g; cholesterol, 23mg; sodium, 290mg.



Corn Bread

1½ cups Quick Master Mix
¾ cup corn meal
½ teaspoon salt
2 tablespoons sugar
1 cup liquid (water or milk)
1 whole egg (or 2 egg whites), beaten

Stir corn meal, salt and sugar into mix. Combine liquid and beaten egg. Add to the mix, stirring until blended. Pour into lightly oiled 8x8-inch pan and bake at 400°F for 20 minutes.

Makes 8 servings.

Per serving: calories, 183; fat, 6g; cholesterol, 27mg; sodium, 378mg. Good source of calcium (11% of DV) and fiber.

Pie Crust

1 cup Quick Master Mix
¼ cup margarine, softened
3 tablespoons boiling water

Combine mix and margarine in small bowl. Add water. Stir until dough forms a ball. Pat dough into 9-inch pie pan, bringing dough up to edge of pan. Bake at 400°F for 8 to 10 minutes. (Dough will be puffy.)

Serving size: ⅛ of pie.

Per serving: Calories, 124; fat, 9g; cholesterol, 0.2mg; sodium, 211mg.

Dumplings

1½ cups Quick Master Mix
½ cup milk
1 whole egg (or 2 egg whites)

Combine liquid and egg. Add Master Mix. Stir about 30 strokes. Drop by tablespoon on top of boiling stew or stewed chicken. Cook uncovered for 5 minutes. Cover and cook additional 5 minutes.

Makes 10 dumplings. Serving size: 1 dumpling.

Per serving: calories, 100; fat, 4g; cholesterol, 22mg; sodium, 186mg.

Muffins

2 cups Master Mix (Quick or Buttermilk)
1½ tablespoons sugar
⅔ cup liquid (water or milk)
1 whole egg (or 2 egg whites), beaten

Add sugar to mix. Combine liquid and beaten egg. Add to Mix. Stir only until flour is moistened. Bake in lightly oiled muffin pans at 425°F for about 20 minutes.

Makes 12 small muffins. Serving size: 1 muffin.

Variation: Add ¼ cup fruit, nuts, 2 tablespoons oatmeal or other grains, crumbled cereals, favorite spice, or 1 teaspoon jelly in center.

French Breakfast Puffs (Muffins)

Add a dash of nutmeg to Master Mix. Combine 2 tablespoons sugar and 1 teaspoon cinnamon and sprinkle on top of muffins before baking. Follow muffin baking directions.

Per serving using Quick Mix: calories, 115; fat, 5g; cholesterol, 18mg; sodium, 205mg.



Biscuits

2 cups Master Mix (Quick or Buttermilk)
½ cup liquid (water or milk)

Put mix into bowl. Add liquid and stir just enough to blend. Turn onto a lightly floured board and knead a few times. Pat or roll to about ¾ inch thick. Cut with floured cutter. Bake on cookie sheet for 12 to 15 minutes at 400°F.

For drop biscuits increase liquid to ¾ cup. Could be used for meat pie topping.

Makes 10 small biscuits. Serving size: 1 biscuit.

Per serving using Quick Mix: calories, 122; fat, 5g; cholesterol, 0.6mg; sodium, 238mg.

Fruit Cobbler

Fruit mixture:

2½ cups fresh fruit, such as sliced peeled apples, peaches or pears, rhubarb (cut into small pieces), cherries or berries)
1 cup sugar
1 cup water
2 tablespoons margarine

Batter:

1 cup Quick Master Mix
½ cup sugar
½ cup water
2 tablespoons melted margarine

Combine fruit, sugar, water and margarine and heat but do not boil. Set aside. Stir sugar into mix, add water and melted margarine; blend well. Pour batter into lightly oiled 9x9-inch baking dish; top with fruit mixture. Bake at 375°F for about 35 minutes.

Makes 9 servings.

Per serving: calories, 235; fat, 8g; cholesterol, 0.2mg; sodium, 189mg.

Chocolate Cake

3 cups Quick Master Mix
1½ cups sugar
½ cup cocoa
1¼ cups liquid (water or milk)
2 whole eggs (or 1 egg and 2 egg whites), beaten
1 teaspoon vanilla

Stir sugar and cocoa into the mix. Combine liquid, eggs and vanilla. Stir half of the liquid into the mix and beat 2 minutes by hand or by electric mixer at low speed. Scrape bowl occasionally. Add remaining liquid and beat 2 more minutes. Pour into lightly oiled 8-inch cake pan and bake at 375°F for about 30 minutes.

Can be baked in a lightly oiled waffle iron. Slice ice cream and make an ice cream sandwich.

Makes 8 servings.

Per serving: calories, 400; fat, 11g; cholesterol, 55mg; sodium, 473mg. Good source of calcium (19% of DV) and high in iron (23% of DV).

Pineapple Upside Down Cake

3 cups Quick Master Mix
1¼ cups sugar
1 cup liquid (water or milk)
2 eggs (or 1 egg and 2 egg whites), beaten
1 teaspoon vanilla
¼ cup margarine (melted)
½ cup brown sugar
sliced fruit

Stir sugar into the mix. Combine liquid, eggs and vanilla. Stir half the liquid into the mix and beat 2 minutes by hand or by electric mixer at low speed. Scrape bowl occasionally. Add remaining liquid and beat 2 minutes. In a lightly oiled oblong 13x9-inch pan combine melted margarine and brown sugar. Arrange pineapple, peaches, cherries, apricots, or other fruit or berries in pan. Top with cake mixture. Bake at 375°F for about 30 minutes.

Makes 15 servings.

Per serving: calories, 253; fat, 9g; cholesterol, 29mg; sodium, 286mg. Good source of calcium (10% of DV).



Cheesecake

1½ cup sugar
2 teaspoons vanilla
½ cup Quick Master Mix
½ teaspoon grated lemon peel
4 whole eggs (or 2 eggs and 4 egg whites)
2 packages cream cheese (8 ounces each), softened (may substitute low-fat cream cheese)

Lightly oil a 9-inch pie pan. Place all ingredients except topping in blender. Blend on high speed until smooth. Pour into pie pan. Bake 30 minutes at 350°F. Cool. Spread with cheesecake topping and refrigerate. Serve with sweetened fruit.

Cheesecake Topping: Mix 1 cup light sour cream, 2 tablespoons sugar and 2 teaspoons vanilla.

Makes 8 servings.

Per serving: calories, 389; fat, 29g; cholesterol, 169mg; sodium, 304mg. High in calcium (13% of DV) and vitamin A (37% of DV).

Peanut Butter Cookies

3½ cups Quick Master Mix
1½ cups sugar
2 whole eggs (or 1 egg and 2 egg whites), beaten
1 cup peanut butter

Add sugar to mix. Combine eggs and peanut butter and stir into the mix until well blended. Roll dough into 1-inch balls, place on baking sheet and flatten with fork, making a crisscross. Bake at 375°F for 10 to 12 minutes or until lightly browned.

Makes 6 dozen. Serving size: 2 cookies.

Per serving: calories, 108; fat, 6g; cholesterol, 12mg; sodium, 154mg.

Coffee Cake

2½ cups Quick Master Mix
½ cup sugar
½ cup liquid (water or milk)
1 whole egg (or 2 egg whites), beaten

Stir sugar into mix. Combine liquid and beaten egg. Add to mix, stirring until flour is just moistened. Pour into lightly oiled 9-inch pan. Sprinkle with topping made by combining ½ cup brown sugar, 1 tablespoon flour, ½ teaspoon cinnamon and 1 tablespoon margarine. Bake at 400°F for about 25 minutes.

Makes 9 servings.

Per serving: calories, 201; fat, 7g; cholesterol, 24mg; sodium, 333mg. Good source of calcium (10% of DV).

Oatmeal Cookies

2¼ cups Quick Master Mix
1¾ cups brown sugar
1 teaspoon cinnamon
½ cup liquid (water or milk)
2 whole eggs (or 1 egg and 2 egg whites), beaten
½ cup vegetable oil or non-hydrogenated shortening (melted)
3 cups quick rolled oats
½ cup nuts, chopped

Stir sugar and cinnamon into mix. Combine liquid, beaten eggs and shortening. Stir into mix until well blended. Add oats and nuts. Drop by teaspoon on lightly oiled baking sheet. Bake at 375°F about 12 minutes.

Makes 6 dozen. Serving size: 2 cookies.

Per serving: calories, 147; fat, 6g; cholesterol, 12mg; sodium, 84mg.

Drop Cookies

3 cups Quick Master Mix
1 cup sugar
½ cup raisins (or try adding dates, chocolate chips, or grated orange rind)
⅓ cup liquid (water or milk)
1 whole egg (or 2 egg whites), beaten
1 teaspoon vanilla

Stir sugar and raisins into the mix. Combine liquid, egg and vanilla. Stir into the mix until well blended. Drop by teaspoon on lightly oiled baking sheet. Bake at 375°F for 10 to 12 minutes.

Makes 6 dozen. Serving size: 2 cookies

Per serving: calories, 80; fat, 2g; cholesterol, 6mg; sodium, 103mg.

Banana Bread

2⅓ cups Quick Master Mix
1 cup sugar
⅓ cup vegetable oil
1½ cups mashed, ripe bananas
3 whole eggs (or 2 whole eggs and 2 egg whites)
½ teaspoon vanilla

Combine all ingredients and stir until moistened. Beat 1 minute. Pour into lightly oiled 5x8-inch loaf pan and bake at 350°F for 1 hour. Cool 5 minutes.

Makes 16 servings.

Per serving: calories, 211; fat, 9g; cholesterol, 40mg; sodium, 181mg.

Raisin Nut Bread

3 cups Quick Master Mix
½ cup sugar
½ cup raisins or nuts
1 cup liquid (water or milk)
1 whole egg (or 2 egg whites), beaten

Stir sugar and raisins or nuts into the mix. Combine egg and liquid. Add to mix, stirring until well blended. If mixture seems too dry, add a little water. Bake in a lightly oiled 5x8-inch loaf pan at 350°F for about 1 hour.

Makes 16 servings.

Per serving: calories, 156; fat, 5g; cholesterol, 14mg; sodium, 230mg.

Dinner Pies

¾ cup Quick Master Mix
1 cup lowfat or skim milk
2 whole eggs (or 1 egg and 2 egg whites)
½ teaspoon salt
¼ teaspoon pepper

Combine ingredients. Beat until smooth (15 seconds in blender; 1 minute with a hand mixer.) Pour batter over any of the following mixtures in lightly oiled 9-inch pie pan. Bake at 350°F for 30 to 35 minutes. Cool for 5 minutes, slice.

Makes 8 servings.

Fillings:

1. Vegetable: 1 cup green beans or other vegetables, 1 can (4 ounces) mushrooms drained, ½ cup chopped onion, sautéed lightly. Top with 1 cup shredded cheddar cheese.

Per serving: calories, 152; fat, 8g; cholesterol, 69mg; sodium, 464mg. High in calcium (22% of DV); good source of vitamin A (12% of DV).

2. Hamburger: ½ pound ground beef, browned, drained of fat and seasoned to taste; 1 cup chopped onion, sautéed. Top with 1 cup shredded cheddar or Swiss cheese. (May also add a layer of sliced tomatoes.)

Per serving: calories, 227; fat, 14g; cholesterol, 92mg; sodium, 383mg. High in calcium (22% of DV); good source of vitamin A (11% of DV).

3. Seafood Pie: Combine 1-2 cups crab (shrimp, tuna or salmon), 2 chopped green onions and 1 cup shredded Swiss cheese.

Per serving: calories, 146; fat, 7g; cholesterol, 74mg; sodium, 278mg. High in calcium (21% of DV); good source of vitamin A (10% of DV).

4. South of the Border: Combine 2 cups shredded cheddar cheese, ¼ cup picante sauce, 1 can (4 ounces) drained green chilies and 1 cup shredded American cheese.

Per serving: calories, 244; fat, 16g; cholesterol, 94mg; sodium, 822mg. High in calcium (42% of DV), vitamin A (44% of DV), and vitamin C (20% of DV).

5. Zucchini Tomato: Combine 2 cups chopped zucchini, 1 cup chopped tomato, ½ cup chopped onion; top with ½ cup fresh grated Parmesan cheese.

Per serving: calories, 127; fat, 6g; cholesterol, 59mg; sodium, 440mg. High in calcium (21% of DV); good source of vitamin A (11% of DV), and vitamin C (14% of DV).



CAKE MASTER MIX

1 box cake flour (2 pounds)
¼ cup baking powder
1¾ teaspoons salt
¾ cup nonfat dry milk
4½ cups sugar
1 cup oil or non-hydrogenated shortening

Stir baking powder, salt, dry milk, and sugar into flour. Sift dry ingredients into large mixing bowl. Cut in shortening with pastry blender until mixture is consistency of cornmeal. Pile lightly into glass jars or plastic bags. Cover tightly and store at room temperature. Makes about 13 cups of mix.

Yellow or White Cake

2 cups Cake Master Mix
½ cup liquid (water or milk)
1 whole egg
1 teaspoon vanilla

(For White Cake use 3 egg whites in place of 1 whole egg.)

Combine liquid, egg and vanilla. Stir half of the liquid into the Cake Master Mix and beat 1 minute by hand or with electric mixer at low speed. Add remaining liquid and beat two more minutes.

Bake in lightly oiled 9x9-inch pan at 375°F for 30 minutes (cupcakes, 15 to 20 minutes).

Makes 9 servings.

Yellow cake per serving: calories, 159; fat, 4g; cholesterol, 24mg; sodium, 150mg.

White cake per serving: calories, 156; fat, 4g; cholesterol, 0.4mg; sodium, 162mg.

Spice Cake

Add to Yellow Cake batter:

½ teaspoon cloves

½ teaspoon cinnamon

½ teaspoon allspice

Mix and bake as for Yellow Cake.

Makes 9 servings.

Per serving: calories, 160; fat, 4g; cholesterol, 24mg; sodium, 151mg.



Chocolate Cake

3½ cups Master Cake Mix

⅓ cup cocoa

1 cup liquid (water or milk)

1 whole egg (or 2 egg whites)

1 teaspoon vanilla

Mix cocoa into Master Mix. Combine liquid, egg and vanilla. Stir half of the liquid into mix and beat 1 minute or use electric mixer at low speed. Add remaining liquid and beat 2 minutes more. Bake in two lightly oiled 8-inch round pans at 375°F for 25 to 30 minutes (cupcakes 15 to 20 minutes).

Makes 8 servings.

Per serving: calories, 313; fat, 8g; cholesterol, 27mg; sodium, 295mg. Good source of calcium (11% of DV); high in iron (23% of DV).

Gingerbread

2 cups Master Cake Mix

¼ teaspoon ground ginger

1 teaspoon ground cinnamon

1 whole egg (or 2 egg whites), beaten

½ cup molasses

⅔ cup boiling water

Combine Master Mix, ginger and cinnamon. Set aside. Beat egg and molasses together until thoroughly blended. Add to flour mixture. Stir just enough to blend the ingredients. Add boiling water, a little at a time, blending in each portion. Pour into lightly oiled 9-inch square baking pan. Bake at 375°F for 25 to 30 minutes. Let stand in pan for 10 minutes before serving.

Makes 9 servings.

Per serving: calories, 198; fat, 4g; cholesterol, 24mg; sodium, 147mg. Good source of iron (13% of DV).

Carrot Cake

2 cups Master Cake Mix

1 teaspoon cinnamon

¼ teaspoon ginger

⅛ teaspoon nutmeg

2 whole eggs, (or 1 egg and 2 egg whites)

1 teaspoon vanilla

1 cup liquid (water or milk)

1 cup shredded carrots

½ cup nuts (optional)

Combine Master Mix and spices. Beat egg, vanilla and liquid together. Blend into mix. Add carrots and nuts. Pour into lightly oiled 9-inch square pan. Bake at 350°F for 30 minutes.

Variation: Try grated zucchini in place of carrots.

Makes 9 servings.

Per serving: Calories, 178; fat, 5g; cholesterol, 48mg; sodium, 169mg. High in vitamin A (48% of DV).

Orange Cake

Add to Yellow Cake batter:

1 teaspoon grated orange rind

½ teaspoon orange or lemon extract in place of vanilla

Mix and bake as for Yellow Cake.

Makes 9 servings.

Per serving: calories, 157; fat, 4g; cholesterol, 24mg; sodium, 151mg.

PUDDING MASTER MIX

½ cup all purpose flour
2⅔ cup sugar
1⅓ cup cornstarch
6 cups nonfat dry milk
2 teaspoons salt (optional)

Mix well and store in a covered container.
Makes about 10 cups of mix.



Vanilla Pudding

1 cup Pudding Master Mix, well packed
2½ cups water
¼ cup margarine
1 teaspoon vanilla

Combine Pudding Master Mix and water in a sauce pan. Cook, stirring constantly until mixture boils. Add margarine and boil 2 minutes. Remove from heat and add vanilla extract. For a richer, creamier pudding add one beaten egg (add a small amount of hot pudding to the egg before mixing the egg into the pan). Cook for 1 minute after adding the egg. Chill until set.

Makes 6½-cup servings.

With egg per serving: calories, 153; fat, 8g; cholesterol, 37mg; sodium, 211mg. Good source of calcium (11% of DV) and vitamin A (19% of DV).

Without egg per serving: calories, 141; fat, 8g; cholesterol, 1mg; sodium, 200mg. Good source of calcium (11% of DV) and vitamin A (17% of DV).

Chocolate Pudding

Use Vanilla Pudding recipe, add 4 tablespoons cocoa and 3 tablespoons sugar to the dry mix.

Without egg per serving: calories, 171; fat, 8g; cholesterol, 1mg; sodium, 203mg. Good source of calcium (11% of DV) and vitamin A (17% of DV).

Lemon Pudding

Use Vanilla Pudding recipe and substitute 3 tablespoons lemon juice for the vanilla.

Without egg per serving: calories, 140; fat, 8g; cholesterol, 1mg; sodium, 201mg. Good source of calcium (11% of DV) and vitamin A (17% of DV).

Rice Pudding

Pour cooked Vanilla Pudding (with or without egg) over 2 cups cooked rice. Add ¼ cup raisins or dried rose hips if desired. Chill.

Makes 10 ½-cup servings.

Without egg per serving: calories, 148; fat, 5g; cholesterol, 1mg; sodium, 120mg. Good source of vitamin A (10% of DV).





BROWNIE MASTER MIX

Quickest, easiest way to mix the dry ingredients is in a plastic bag meant for food.

Sift into bag: 6 cups all purpose flour
 4 teaspoons salt
 4 teaspoons baking powder
Mix together: 8 cups sugar
 2½ cups sifted cocoa

Add sugar and cocoa mixture to the dry ingredients in the bag and seal. Grasp both ends and shake back and forth. Pour into large bowl.

Cut in 2 cups shortening. Store in an airtight food storage container in a cool place.

Makes 17 cups of mix — enough for 8 batches of brownies or 4 batches of cookies.

Brownie Crispies

4 cups Brownie Mix
2 teaspoons vanilla
2 whole eggs (or 1 egg and 2 egg whites)

Beat eggs and vanilla; stir in Brownie Mix and blend well. Drop by tablespoon on lightly oiled cookie sheets. Bake at 375°F for 8 to 10 minutes.

Makes 4 dozen cookies. Serving size: 2 cookies.
Per serving: calories, 130; fat, 5g; cholesterol, 18mg; sodium, 103mg.

Brownie Quick Cake

2 cups Brownie Master Mix
2 egg yolks
3 tablespoons milk
1 teaspoon vanilla
4 egg whites

Beat 2 egg yolks. Stir in 3 tablespoons milk, 1 teaspoon vanilla and 2 cups Brownie Mix. Beat 4 egg whites until stiff. Fold into batter. Pour into greased 8-inch square pan. Bake at 350°F for 35 minutes.

Makes 8 servings.
Per serving: calories, 211; fat, 8g; cholesterol, 53mg; sodium, 179mg. Good source of iron (11% of DV).

Recipes

Brownies

2 cups Brownie Master Mix
1 teaspoon vanilla
2 whole eggs (or 1 egg and 2 egg whites)
⅔ cups nuts (optional)

Beat eggs and vanilla. Add Brownie Mix and nuts. Blend. Mixture will not be smooth. Pour into lightly oiled 8-inch square pan. Bake at 350°F for 20 to 25 minutes, or until brownies pull away from sides of pan.

Makes 16 brownies. Serving size: 1 brownie
Per serving: calories, 103; fat, 4g; cholesterol, 27mg; sodium, 81mg.

Brownie Baked Alaska

1 recipe of brownies
5 egg whites
⅓ cup sugar
2 pint bricks peppermint ice cream

Make Brownie recipe. Pour into greased 9-inch square pan lined with waxed paper. Bake at 350°F for 25 to 30 minutes. Cool; remove from pan. Cover a board (½ inch thick and larger than cake) with three layers of parchment paper for insulation. Put cake on paper.

Meringue: Beat 5 egg whites, gradually adding ⅓ cup sugar and beat until smooth and glossy.

Top cake with two 1-pint bricks peppermint ice cream. (Ice cream should be frozen hard and cake should extend ½ inch beyond all sides). Spread meringue over cake and ice cream; cover completely so ice cream won't melt. Bake at 450°F for 3 to 5 minutes, or until meringue browns. Slice and serve at once.

Makes 9 servings.
Per serving: calories, 365; fat, 13g; cholesterol, 74mg; sodium, 227mg. Good source of calcium (11% of DV), iron (10% of DV), and vitamin A (10% of DV).

Recipes

YEAST BREAD MIX

2 cups all purpose flour or bread flour
1 tablespoon salt
3 tablespoons sugar
2 packages dry yeast
¼ cup nonfat dry milk

Mix ingredients in 1-gallon zip-top bag, store in bag until ready to use. (If kept for more than 1 month, store in freezer.) Makes enough mix for 2 loaves of bread.

When Ready to Use:

Place dry mix in a large bowl. Add 2 cups very warm water (120° to 130°F) and 2 tablespoons vegetable oil and beat for 5 minutes by hand or in mixer.

Add flour, up to 4 to 4½ cups, and mix by hand to make a soft dough. May exchange part of flour for specialty flour (see page 1).

Turn out on lightly floured board; knead until smooth and satiny. Put dough in greased bowl; grease top, cover with clean, damp towel. Let double in bulk in warm place 70° to 80°F. Punch down.

Knead again on floured board; divide into two parts. Cover with damp towel. Let rest 20 minutes.



Yeast Bread or Rolls

Shape into loaves or rolls. Place in lightly oiled pans (9x5x3-inch loaf pans for bread). Let rise in warm place until double. Bake bread at 375°F for 35 to 40 minutes; rolls for 15 to 20 minutes.

Let stand 20 minutes in pans. Turn out; cool at room temperature.

Makes 2 loaves or 2 to 4 dozen rolls.

Per serving: calories, 134; fat, 1g; cholesterol, 0.1mg; sodium, 272mg. Good source of iron (10% of DV).



Quick Butter Horn Rolls

Roll bread dough into a 10-inch circle, ½ inch thick. Brush with melted butter; cut like pie into 12 pieces. Roll up each piece from wide end. Place on lightly oiled baking sheet with tip underneath. Bake as for rolls.

Makes 2 dozen butter horn rolls.

Per serving: calories, 146; fat, 3g; cholesterol, 4mg; sodium, 286mg. Good source of iron (10% of DV).



SWEET DOUGH MIX

- 2 cups all purpose flour or bread flour
- ½ cup sugar
- 1½ teaspoons salt
- 2 packages dry yeast
- ½ cup nonfat dry milk

Mix ingredients in 1-gallon zip-top bag, store in bag until ready to use. (If kept more than 1 month, store in freezer). Makes enough mix for approximately 2 dozen buns.

When Ready to Use: Place dry mix in a large bowl. Add ¼ cup softened margarine, 1 cup very warm (120° to 130°F) water and 2 eggs. Beat with a heavy duty mixer or by hand 2 minutes or more. Add flour up to 3 to 3½ cups. Continue beating until dough follows around bowl. Turn out on lightly floured board; knead until smooth and satiny. Put dough in greased bowl, grease top, cover with clean damp towel and let rise until double in bulk. Punch down.

Cinnamon Bread

Shape dough into a 6x10-inch rectangle, ½ inch thick. Brush with melted butter. Mix ½ cup sugar and 2 teaspoons cinnamon and sprinkle over dough. Add raisins for variety. Roll up like jelly roll; flatten ends with hands and turn under, pinching in place. Put in lightly oiled 5x9-inch loaf pans. Let rise until double. Bake at 375°F for 30 minutes.

Makes 2 loaves.
Per serving: calories, 148; fat, 5g; cholesterol, 27mg; sodium, 239mg.

Sticky Buns

In a 9x13-inch pan, melt ¼ cup margarine. Add ½ cup brown sugar and ¼ cup corn syrup. Mix until smooth. Add ¼ cup nuts and cool. Roll dough into 12x18-inch rectangle. Sprinkle with cinnamon and sugar. Roll and cut into ½- to 1-inch slices. Place on top of melted ingredients. Let rise until double. Bake at 375°F for 20 to 30 minutes.

Makes 18 buns.
Per serving: calories, 265; fat, 7g; cholesterol, 24mg; sodium, 260mg. Good source of iron (15% of DV) and vitamin A (10% of DV).

Hot Cross Buns

Add 1½ teaspoons cinnamon and ½ cup raisins or currants to dough. Shape into 24 balls and place in greased 9x13-inch pan. Let rise until double. Brush with beaten egg and water. Bake at 375°F for 20 to 30 minutes. Cool and glaze.

Glaze: ½ cup sifted powdered sugar, 3 teaspoons milk, ¼ teaspoon vanilla.

Makes 24 buns.
Per serving: calories, 161; fat, 3g; cholesterol, 27mg; sodium, 173mg. Good source of iron (10% of DV).

Special Mixes

Hamburger Skillet Dinner Sauce Mix

- ¼ cup flour
- 1 tablespoon nonfat dry milk
- 1 tablespoon grated Parmesan cheese
- 2 teaspoons dried onion flakes
- 2 bouillon cubes or 2 tsp. instant bouillon
- Pinch of garlic salt

Mix well. Store in airtight container in a cool, dry place.

To prepare skillet dinner: Brown 1 pound ground beef and drain off fat. Add 2 cups water, 1 cup tomato juice, 1 cup elbow macaroni, and dinner sauce mix. Heat to boil. Simmer 10 to 15 minutes.

Makes 6 servings.
Per serving: calories, 318; fat, 15g; cholesterol, 64mg; sodium, 484mg. Good source of iron (19% of DV) and vitamin C (13% of DV).

Special Mixes

Brown Gravy Mix

1½ cups nonfat dry milk
3 tablespoons instant beef bouillon
¾ cup flour
3 teaspoons dry thyme leaves, crushed

Mix well; wrap in foil. Store in airtight container in a cool, dry place.

To make gravy: Melt 1 to 2 tablespoons margarine in small sauce pan. Blend in ½ cup mix, stirring until smooth. Add 1 cup water and stir until thickened. If more color is desired, a few drops of meat extract may be added.

Basic Meat Sauce

5 pounds lean ground beef
4 cups onion, chopped
4 cups water
3 cups tomato puree
¼ cup margarine
1 bay leaf
4 cloves garlic
3 beef bouillon cubes
2 tablespoons dried oregano leaves
2 tablespoons salt
2 tablespoons dried basil leaves
1 teaspoon tabasco
1 tablespoon dried thyme leaves
¼ teaspoon cinnamon

Brown ground beef and onion, drain fat, add remaining ingredients. Simmer ½ to 1 hour.

Makes approximately 12 cups. Serving size: ½ cup.
Per serving: calories, 286; fat, 18g; cholesterol, 77mg; sodium, 827mg. Good source of iron (19% of DV); high in vitamin C (21% of DV).

How To Store

Use rigid plastic freezer containers or plastic freezer bags. Freeze in 1-cup portions or in portions used most often by your family. Thaw in refrigerator.

How To Use: Spaghetti sauce, pizza sauce and casserole dishes

Chili Seasoning Mix

2 tablespoons chili powder
1 teaspoon salt
1 tablespoon seasoned salt
1 teaspoon onion powder
2 teaspoons cumin
½ teaspoon garlic powder
1 teaspoon oregano

Mix all ingredients; store in small airtight jar.

To season chili: Use 1 tablespoon mix for each 2 cups of cooked chili beans. Add browned ground meat, tomatoes and water, as desired.

Mixed Bean Soup

Baby lima	Cranberry
Large lima	Pink
Pinto	Small red
Great northern	Block
Black-eye pea	Navy
Garbonzo or chickpeas	Adzuki
Small white	Dark kidney
Light kidney	White kidney

Mix 1 cup each of as many types of beans as possible. Measure 2 cups of this mixture into separate plastic bags or jars. Label.

Mix ½ cup each of *lentils, barley, yellow and green split peas* to be added last ½ hour of cooking. Measure ½ cup mixture into separate plastic bags or jars. Store bags of beans in a cool, dry, dark cupboard. Label.

To make bean soup: Soak 1 container of beans in water overnight; drain soaking water and add fresh water, soup bone, or ham scraps and hambone; cook 1 hour. Add 1 container of *lentil mixture* and cook an additional ½ hour. Add 1 cup chopped tomatoes, 1 to 2 dry red peppers, 1 large onion, chopped, ¼ cup lemon juice, 1 garlic clove. Simmer another 30 minutes. Add seasoning to taste.

Special Mixes

Carol's "Swiss" Cereal

3 cups rolled oats (may use part rolled wheat or 4 grain cereal for variety)
1 15-ounce box any dry flake cereal, crumbled
1½ cup nonfat dry milk
½ cup brown or raw sugar
1 cup nuts, finely chopped or blended
1 cup raisins or mixed dry fruit

Mix ingredients. Store in airtight food storage container. Serve with hot or cold milk.

Makes approximately 15 cups. Serving size: 1 cup.
Per serving (without milk): calories, 281; fat, 6g; cholesterol, 1mg; sodium, 307mg. Good source of calcium and dietary fiber (19% of DV); high in iron (39% of DV), vitamin C (26% of DV), and vitamin A (52% of DV).

Seasoned Coating Mix

2 cups fine bread crumbs or corn flake crumbs
½ teaspoon garlic powder
2 tablespoons onion powder
½ teaspoon paprika
1 tablespoon salt
½ teaspoon thyme
2 teaspoons poultry seasoning
⅛ teaspoon cayenne powder
½ cup Parmesan cheese (optional)

Combine ingredients and store in cool, dry place. This is an excellent coating for fish, pork and chicken. Simply place a measured amount of mix in a plastic bag meant for food, shake individual portions of meat in the seasoned mix, and bake at 350°F until meat is done. *Any mix remaining in the plastic bag, should not be returned to the original container.*

Rice Mixes

Herb Rice*

1 cup uncooked rice, white or brown
½ teaspoon marjoram leaves
2 beef bouillon cubes
½ teaspoon thyme leaves
1 teaspoon dry green onion flakes
¼ teaspoon rosemary
¼ teaspoon salt (optional)

Curried Rice*

1 cup uncooked rice, white or brown
1 teaspoon instant minced onion
2 chicken bouillon cubes
⅛ teaspoon paprika
1½ teaspoons curry powder
½ teaspoon parsley flakes
¼ teaspoon salt (optional)

Onion Rice*

1 cup uncooked rice, white or brown
½ teaspoon parsley flakes
½ envelope onion soup mix

Spanish Rice*

1 cup uncooked rice, white or brown
¼ teaspoon dried basil
2 tablespoons green pepper flakes
1 teaspoon parsley flakes
½ teaspoon salt

Lemon-Dill Rice*

1 cup uncooked rice, white or brown
½ teaspoon dried minced chives
1 teaspoon dried grated lemon peel
1 teaspoon dillweed
2 chicken bouillon cubes
¼ teaspoon salt (optional)

**Mix ingredients together and store in plastic bags meant for food or airtight food storage containers.*

Basic Directions for Cooking Rice Mixes:

Combine one recipe of rice mix, 2 cups cold water (3 cups cold water for brown rice) and 1 tablespoon margarine. Bring to a boil; reduce heat. Cover tightly and simmer over low heat for 15-20 minutes (1 hour for brown rice), or until water is absorbed.

Each recipe packet makes 4 to 6 servings.

White rice mixes per serving: calories, 139; fat, 2g; cholesterol, 0mg; sodium, 325mg. Good source of iron (10% of DV).

Brown rice mixes per serving: calories, 141; fat, 3g; cholesterol, 0mg; sodium, 325mg.

Seasoning Mixes

Italian Herb Seasoning*

1 teaspoon	dried oregano leaves
1 teaspoon	dried basil leaves
1 teaspoon	dried marjoram leaves
1 teaspoon	dried rosemary leaves
1 teaspoon	dried thyme leaves
1 teaspoon	dried sage leaves
1 teaspoon	dried savory leaves

Mexican Seasoning*

¼ cup	chili powder
2 tablespoons	dried basil leaves
2 tablespoons	ground cumin
1 tablespoon	dried thyme leaves
2 tablespoons	ground coriander
1 tablespoon	garlic powder
2 tablespoons	dried oregano leaves
¾ teaspoon	cayenne powder

Scandinavian Seasoning*

Good on fish

6 tablespoons	dried dill weed
½ cup	dried ground lemon peel
¼ cup	onion powder

Poultry Seasoning*

4 tablespoons	dried sage leaves
1 teaspoon	dried thyme leaves
1 teaspoon	onion salt
1 teaspoon	dried marjoram leaves

Herbs of Provence

Try this mix in the Spicy Cream Cheese Spread recipe.

3 tablespoons	dried marjoram leaves
1½ teaspoons	dried rosemary, crumbled
3 tablespoons	dried thyme leaves
3 tablespoons	dried summer savory leaves
½ teaspoon	dried sage leaves
1 tablespoon	dried sweet basil leaves
½ teaspoon	ground fennel seeds (optional)

Combine herbs, mix well and pack into an airtight food storage container.

Spicy Cream Cheese Spread

8 ounces	lowfat cream cheese
2 tablespoons	margarine
½ teaspoon	herbs of provence (bottom left)
½ teaspoon	seasoning salt
1 teaspoon	dried parsley
¼ teaspoon	garlic salt (optional)
1 tablespoon	vinegar (red wine)
½ teaspoon	Worcestershire sauce

Place cream cheese and margarine in large bowl and beat with mixer at high speed until smooth and fluffy, scraping sides. Add remaining ingredients and continue beating until well combined. Pack into containers and allow to mellow for at least 12 hours in refrigerator. Excellent with crackers. Keep refrigerated. Makes about 1 cup.

Pumpkin Pie Spice

2 teaspoons	cinnamon
¼ teaspoon	allspice
½ teaspoon	ginger
¼ teaspoon	mace
½ teaspoon	nutmeg
¼ teaspoon	cloves

Mix together and store in airtight food storage container. Use in recipes calling for pumpkin pie spice.

Spaghetti Sauce Seasoning*

1 teaspoon	dried basil leaves
1 teaspoon	dried marjoram leaves
1 teaspoon	dried rosemary
1 teaspoon	celery salt
1 teaspoon	dried savory leaves
1 teaspoon	garlic salt
1 teaspoon	dried thyme leaves
1 teaspoon	dried oregano leaves

Add 2 teaspoons to your favorite spaghetti sauce. *Try adding 2 teaspoons to your pizza dough.*

For a sweet spaghetti sauce add:

¼	bay leaf
⅛ teaspoon	allspice
⅛ teaspoon	cinnamon

**Mix ingredients together and store in a plastic bag meant for food or an airtight food storage container.*

**Mix ingredients together and store in a plastic bag meant for food or an airtight food storage container.*

Beverage Mixes

Homemade Cocoa Mix

¼ cup cocoa
1 cup sugar
1 cup nonfat dry milk
1 cup powdered nondairy creamer
dash of salt

Combine all ingredients thoroughly. Store in an airtight food storage container in a cool, dry place. When ready to use, add 2 tablespoons mix to 1 cup boiling water.

Per serving: Calories, 58; fat, 2g; cholesterol, 1mg; sodium, 37mg.

Russian Tea Mix

2 cups powdered orange drink mix
1 cup instant tea
1 cup powdered lemonade mix
2 to 3 teaspoons ground cinnamon
1 teaspoon ground cloves
up to 1 cup sugar (optional)

Combine all ingredients thoroughly. Store in an airtight food storage container in a cool, dry place. When ready to use, add 1 tablespoon mix to 1 cup boiling water.

No sugar added per serving: calories, 41; fat, 0g; cholesterol, 0mg; sodium, 9mg. High in vitamin C (46% of DV); good source of vitamin A (16% of DV).

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