



Bulletin #4029

*Saving Money  
With Homemade  
Convenience Mixes*

1865 THE UNIVERSITY OF  
**MAINE**  
Cooperative Extension

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See the centerfold for a handy wrapper to use when you store your Homemade Convenience Mix.

## *Check out the Dietary Guidelines for Americans*

(5th. Edition, 2000)

*Dietary Guidelines for Americans* tell us to Aim, Build, and Choose for good health. The guidelines are simple to follow when you aim for fitness, build a healthy base, and choose sensibly. Practice the guidelines daily to be as healthy as you can.

### **Aim for fitness**

- ◆ Aim for a healthy weight.
- ◆ Be physically active each day.

### **Build a healthy base**

- Let the Food Guide Pyramid guide your food choices.
- Choose a variety of grains daily, especially whole grains.
- Choose a variety of fruits and vegetables daily.
- Keep food safe to eat.

### **Choose sensibly**

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat.
- Choose beverages and foods to moderate your intake of sugars.
- Choose and prepare foods with less salt.
- If you drink alcoholic beverages, do so in moderation.

Ask your county Extension office for bulletin #4051, *Dietary Guidelines for Americans 2000* (\$5), or bulletin #4367, *Using the Dietary Guidelines* (free).

## *Why Use Homemade Convenience Foods?*

Preparing homemade convenience foods allows you to control the final product, the nutritional value, and the quality and quantity of the ingredients. You can limit fat, sodium, sugar and additives in your convenience foods, and also save valuable time.

When you compare the costs of home-prepared and commercial convenience foods, remember that one measure is cost per serving. There are other factors to consider when making a decision to prepare a mix at home or buying it at the local store.

### **Purchased “Convenience Foods” May Be a Bargain When . . .**

- There is a marked reduction in the bulk of the product over other forms to save storage (for example, juice concentrate, instant coffee, etc.).
- Considerable hand labor is required to make the item at home (for example, squeezing oranges for juice or making pasta).
- The product contains rarely-used ingredients that may only be partially used (for example, spices required for some foods).

## Purchased “Convenience Foods” May Not Be a Bargain When . . .

- The main ingredient is meat. (A few brands of frozen entrees or dinners and canned stews contain a significant amount of meat, but these are exceptions.)
- The product requires a great deal of packaging.
- One or more of the ingredients for the home-prepared product are on hand and you want to use them.
- One or more of the ingredients for the home prepared product are available either free or at a substantial savings. (For example, you might have free apples and green tomatoes and decide to make mincemeat.)

## Suggestions For Making “Convenience Mixes” More Nutritious

1. Substitute whole wheat flour for all or part of the bleached white flour.
2. Use margarine or vegetable oil instead of solid shortening.
3. Use fat free milk instead of whole milk.
4. Add more nonfat dry milk to recipes than in the original recipe.

### Reducing Fat in Your Homemade Convenience Foods

In baking, fat adds moisture, flavor, and tender texture to cookies, cakes, quick breads, and muffins. Fruit puree or sauce, such as banana, prune and apple, and nonfat dairy products like nonfat yogurt or sour cream, give some fat-like characteristics to homemade baked goods without the addition of fat. Adding fruit to your recipes will also increase the nutritive value of the food.

Some of the recipes in *Saving Money with Homemade Convenience Mixes* have been revised to lower the fat content and to change the type of fat to make the recipes more heart-healthy. Adding fruit sauces, purees, or nonfat yogurt as an addition to recipes or to replace some of the fat will make recipes more moist.

People often ask if oil can be substituted for margarine or shortening when making cookies. All three ingredients are fats, but they are not all interchangeable. Oil is 100 percent fat; margarine is a mixture containing 80 percent fat and 20 percent water (light margarine or spreads have a higher percentage of water added). Substituting one cup of oil for one cup of margarine adds more fat than the original recipe. The cookie will have a greasy taste and feel.

Creaming shortening or margarine with sugar helps produce a cookie with a tender texture. Substituting oil in a cookie recipe may change the texture and volume.

Most recipes will not work if you eliminate all the fat. But reducing fat is a good choice. Flavor does not have to be lost when reducing fat in recipes to make them healthier. When you modify a recipe using fruit purees, substitute half as much of the puree for all of the fat.

## All-Purpose Convenience Mix

9 cups flour  
1 tablespoon salt  
2 cups nonfat dry milk

3/4 cup canola oil  
1/4 cup baking powder

Combine flour, dry milk, baking powder and salt in a large bowl. Stir together. Mix in oil until the mixture is smooth. Store in airtight container. Refrigerate and use within a month or put into containers suitable for freezing and freeze.

### Nutrient content per cup:

479 calories, 13 grams protein, 72 grams carbohydrate, 1 gram saturated fat, 8 grams monounsaturated fat, 4 grams polyunsaturated fat, 2 milligrams cholesterol, 214 milligrams calcium and 2 milligrams iron.

Percent of calories from protein 11%; carbohydrate 61%; fat 28%

Makes 12 cups

## Biscuits

3 cups All-Purpose Convenience Mix  
3/4 cup water

Add water to the Convenience Mix all at once. Blend lightly with a fork to form a soft dough and turn onto a floured board. Knead the dough slightly and then roll or pat the dough to not less than 1/2-inch thickness. Cut with biscuit cutter and place on a cookie sheet. Bake at 450 degrees F for 10 to 12 minutes. Makes 9 biscuits.

### Nutrient content per biscuit:

Calories	160
Total fat	4.8 grams
saturated fat	0.4 grams
Protein	4 grams
Carbohydrate	24 grams
Cholesterol	0.6 milligrams
Calcium	71 milligrams
Iron	1.3 milligrams

### Percent of calories from

Protein	11%
Carbohydrate	61%
Fat	28%

## Biscuit Variations

Combine ingredients as above and continue as follows:

**Drop Biscuits** Use a little more liquid. Drop dough by spoonfuls onto a greased pan and bake at 450 degrees F for 10 to 12 minutes.

**Cinnamon Rolls** Roll biscuit mix to 1/4-inch thickness. Spread with margarine, brown sugar, cinnamon and raisins. Roll up like a jelly roll. Slice into sections and bake on a greased pan. Bake at 450 degrees F for 10 minutes.

**Meat Rollups** Leftover meat, tuna fish or chopped meat can be spread on the rolled out biscuit dough. This can be rolled up like a jelly roll, sliced into sections and baked on a greased pan. Sections can be served plain or with a cheese sauce. Bake at 450 degrees F for 12 minutes.

**Cheese Biscuits** Add 1/3 to 1/2 cup grated American or cheddar cheese to 3 cups mix. Prepare as biscuits above.

**Shortcake** Add 1 tablespoon sugar to 3 cups of mix. Add 3/4 cup water and prepare as for biscuits. Prepare rectangle of biscuit dough. Bake at 450 degrees F for 10 to 12 minutes. Remove from the oven and serve at once with sweetened fruit. If individual shortcakes are desired, cut dough into rounds before baking.

**Fruit Kuchen** Spread the dough in a prepared pie pan so that dough comes up the sides. Arrange peeled, sliced peaches or apples to fill the pie dish. Sprinkle peaches with 1/4 cup sugar, or apples with a mixture of 1/4 cup sugar and 1 teaspoon cinnamon. Add 1 teaspoon margarine. Bake at 400 degrees F for 20 to 25 minutes.

**American Pizza** Use 3 cups mix and 1/2 cup water. Roll out dough into a 15-inch circle, 1/4-inch thick. Place on baking sheet. Spread dough with 1 cup spaghetti sauce. Sprinkle with grated mozzarella cheese. Add other toppings as desired. Bake at 425 degrees F for 20 minutes or until edges are brown.

### *Cheese Bread*

3-3/4 cup All-Purpose Convenience Mix  
1 egg  
1-1/2 cups water  
3/4 cup grated natural sharp cheese (cheddar)

Beat egg; add water and stir in Convenience Mix and cheese. Beat until well blended. Pour into greased loaf pan, 9 x 5 x 3 inches. Bake 1 hour at 350 degrees F. Let cool a few minutes. Slice 1/2-inch thick and serve. Or cool thoroughly, wrap in waxed paper and refrigerate overnight. Slice thin. Also good toasted.

### *Dumplings*

3 cups All-Purpose Convenience Mix  
3/4 cup water (about)

Pour water into mix and stir about 30 strokes. Drop from tablespoon into gently boiling stew. Cook for about 20 minutes, keeping tightly covered during last 10 minutes.

### *Muffins*

2-1/2 cups All-Purpose Convenience Mix  
1/3 cup sugar  
3/4 cup water  
1 egg

Combine mix and sugar. Beat egg and add water. Add to dry ingredients. Stir just enough to mix in dry ingredients. Fill greased muffin tins about 2/3 full and bake at 400 degrees F for 18 to 20 minutes.

### *Muffin Variations*

**Raisin Muffins** Add 1/2 cup raisins

**Date Muffins** Add 1/3 cup chopped dates.

**Blueberry Muffins** Add 1/2 cup blueberries.

**Pineapple** Add 1/2 cup well-drained, crushed pineapple.





## Oatmeal Muffins

1-1/2 cups All-Purpose Convenience Mix  
1-1/2 cups rolled oats  
1/3 cup sugar  
1 egg  
2/3 cup water

Measure all dry ingredients, put into mixing bowl and stir well. Mix egg and water together in another bowl, then add the dry mixture all at once. Stir slightly. The mixture should be left lumpy. Fill oiled muffin cups 2/3 full. Bake at 425 degrees F for 18 to 20 minutes or until golden brown.

## Oatmeal Muffin Variations

**Raisin Oatmeal Muffins** Add 1/2 cup raisins.

**Date Nut Oatmeal Muffins** Add 1/4 cup chopped dates and 1/4 cup chopped nuts to the basic recipe.

## Bran Muffins

1 egg  
1/4 cup sugar  
2/3 cup water  
1 cup whole bran cereal  
1-1/2 cups All-Purpose Convenience Mix

Place egg in a bowl and beat. Add sugar and water. Continue beating. Blend in whole bran cereal. Add Convenience Mix. Stir quickly and vigorously until just mixed. Batter will look lumpy. Rub muffin pans lightly with oil. Fill about 2/3 full. Bake at 400 degrees F for 18 to 20 minutes. Serve hot with jam or jelly.

## Pancakes

1-1/2 cups All-Purpose Convenience Mix  
2 tablespoons sugar  
3/4 cup water  
1 egg, well beaten

Blend mix and sugar. Stir water and egg into mix until blended. Drop batter onto hot griddle which has been lightly greased. Cook on one side until bubbles form. Turn and cook on the other side. Serve immediately. Makes 12 medium pancakes.

### Nutrient content per pancake:

Calories	70
Total fat	2 grams
saturated fat	0.3 grams
Protein	2 grams
Carbohydrate	10 grams
Cholesterol	8 milligrams
Calcium	29 milligrams
Iron	0.6 milligrams

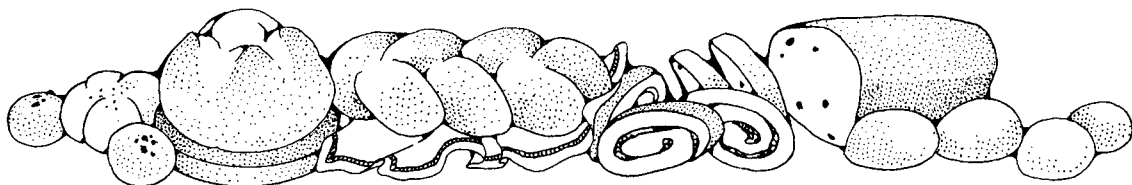
### Percent of calories from

Protein	12%
Carbohydrate	59%
Fat	29%

## Waffles

Blend mix and sugar. Gradually add beaten egg mixed with water. Mix thoroughly. Pour about 1/2 cup of the mixture onto a heated waffle iron and bake. Makes 4 to 5 waffles.

**Variations:** To each waffle, add your favorite fruit or vegetable—blueberries, apples, corn, broccoli or nuts.



## *Banana Bread*

3 cups All-Purpose Convenience Mix  
3/4 cup sugar  
3/4 cup water  
1 egg  
1 cup mashed bananas  
1/4 cup wheat germ (optional)  
1/2 cup nuts (optional)

Beat egg and water together. Add sugar and bananas and mix. Stir in Convenience mix and beat until blended. Add nuts. Pour into a greased 9 x 5 x 3-inch pan. Bake for 45 to 50 minutes at 350 degrees F. Let cool before slicing.

### **Nutrient content per slice:**

Calories	178 calories
Total fat	5.5 grams
saturated fat	0.5 grams
Protein	4 grams
Carbohydrates	29 grams
Cholesterol	14 milligrams
Calcium	46 milligrams
Iron	1 milligram iron

### **Percent of calories from**

Protein	10%
Carbohydrate	63%
Fat	27%

## *Orange Nut Bread*

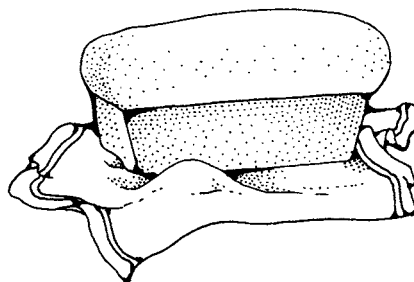
3/4 cup sugar  
1 egg  
1-1/4 cups orange juice  
1 tablespoon grated orange rind  
3 cups All-Purpose Convenience mix  
3/4 cup chopped nuts

Mix sugar, egg, orange juice, rind and Convenience Mix. Beat vigorously, Batter may be lumpy. Stir in nuts. Pour into greased loaf pan, 9 x 5 x 3 inches. Bake at 350 degrees F for 50 to 55 minutes or until toothpick inserted in center of bread comes clean. Cool before slicing.

## *Pumpkin Bread*

3 cups All-Purpose Convenience Mix  
3/4 cup sugar  
3 tablespoons water  
1 egg  
1 cup pumpkin pie filling or cooked pumpkin  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg

Combine ingredients together and mix well. Pour into a greased loaf pan, 9 x 5 x 3 inches. Bake at 350 degrees F for 50 to 55 minutes.



## *Yeast Rolls*

1 package dry yeast  
2/3 cup warm water  
1 tablespoon sugar  
2 tablespoons oil  
2-1/2 cups All-Purpose Convenience Mix

Dissolve yeast in warm water. Stir in sugar, oil and Convenience Mix; beat vigorously. Turn dough onto floured surface. Knead until smooth, about 20 times. Shape as desired into crescents, tolls, etc. Place on lightly greased baking sheet. Cover with damp cloth. Let rise in warm place until double, about 30 minutes. Bake in 400 degrees F oven 10 to 15 minutes, or until golden brown. Makes 16 rolls.

## *Hamburger-Onion Buns*

- 1 package dry yeast
- 1 cup warm water
- 2 tablespoons sugar
- 4 cups All-Purpose Convenience Mix
- 2 tablespoons onion flakes

Dissolve yeast in water. Add sugar and half the Convenience Mix. Beat for two minutes at medium speed on mixer, scraping sides and bottom of bowl frequently, or 300 strokes by hand. Add remaining Convenience Mix and onion flakes; blend well with spoon. Cover with cloth and let rise until double, about 30 minutes. Stir down by beating 25 strokes. Drop dough by spoonfuls, forming 12 mounds, about 2 inches apart on greased baking sheet. With floured fingers, flatten mounds into rounds about 1/2-inch thick. Let rise in warm place for about 40 minutes. Bake 12 to 15 minutes, or until nicely browned, in a 400 degree F oven.

## *Italian Bread Sticks*

- 3/4 cup warm water (not hot—110 to 115 degrees)
- 1 package active dry yeast
- 2-1/2 cups All-Purpose Convenience Mix

Dissolve yeast in warm water. Mix in Convenience Mix. Beat vigorously. Turn dough onto surface well dusted with flour. Knead until smooth, about 20 times. Divide dough into 16 equal parts. Roll each piece between your hand to form pencil-like strips, 8 inches long. Put strips of dough on greased baking sheet. Sprinkle with caraway seeds, poppy seeds, celery seeds, sesame seeds or garlic powder. Cover with clean cloth. Let rise in warm place (85 degrees F) until light, about 1 hour. Bake at 425 degrees F for 15 minutes, until light brown.

## *Coffee Cake*

- 1 egg
- 3/4 cup water
- 3 cups All-Purpose Convenience Mix
- 1/2 cup sugar

Mix the egg and water together in large bowl. Add Convenience Mix and sugar. Mix until ingredients are blended. Pour into a greased, 9-inch baking pan and sprinkle with the topping.

### **Coffee Cake Topping**

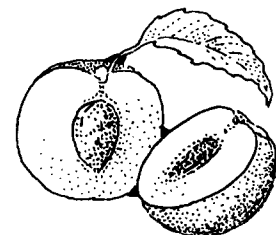
- 1/2 cup brown sugar
- 1/2 teaspoon cinnamon
- 2 tablespoons flour
- 2 tablespoons margarine

Mix the sugar, cinnamon and flour thoroughly. Add the margarine and mix until the topping is fine and crumbly. Sprinkle the topping over the cake. Bake the cake at 350 degrees F for 30 to 35 minutes. Makes 9 servings.

## *Fruit Surprise*

- 2 cups All-Purpose Convenience Mix
- 1 cup sugar
- 2 eggs
- 1/4 cup fruit juice or water
- 2 cups canned fruit, pineapple or peaches, well drained.

Put Convenience Mix into a bowl. Add the sugar, eggs and fruit juice or water. Stir until well mixed. Put the fruit on the bottom of a greased, 9-inch baking pan. Spread the batter over the fruit. Bake in a 375 degree F oven for 35 minutes. Makes 9 servings.



## *Apple Rolls*

2 cups All-Purpose Convenience Mix  
1/2 cup water  
1 tablespoon margarine  
2 cups diced tart apples  
1/2 cup sugar  
1 to 2 teaspoons cinnamon  
1 teaspoon nutmeg (optional)

### **Syrup**

1/2 cup brown sugar  
1/2 cup white sugar  
2 tablespoons margarine  
1 cup boiling water

Boil syrup ingredients for 2 to 3 minutes. Put Convenience Mix in a bowl; make a well. Add 1/2 cup water; stir with a fork about 25 strokes. Roll out dough on a lightly floured pastry cloth or board into a 8 x 8 inch rectangle. Spread with margarine, diced apples, sugar and cinnamon. Roll up as for jelly roll and seal edges well. Cut into 1-inch slices. Put syrup in 8 x 8 x 2-inch pan. Place dough cut side up in the syrup. Bake at 450 degrees F for 20 minutes. Serve warm with the syrup from the pan or ice cream.

## *Brownies*

1 cup All-Purpose Convenience Mix  
1/4 cup margarine  
2/3 cup sugar  
1/2 cup cocoa  
1 egg  
1/4 cup water

Grease an 8-inch square pan. Measure Convenience Mix into a bowl. Add the margarine and mix with a fork. Mix in the sugar and cocoa. Add the egg and water. Beat 25 times. Pour the mixture into the greased baking pan. Bake for 20 minutes at 350 degrees F.

## *Molasses Cookies*

4 cups All-Purpose Convenience Mix  
1/2 cup sugar  
1 teaspoon cinnamon  
1/2 teaspoon cloves  
1 egg  
1 cup molasses

Stir sugar and spices into Convenience Mix. Combine beaten egg with molasses and add to the mix. Blend well, chill, shape into balls and roll in sugar. Flatten on greased baking sheet and bake at 375 degrees F for 10 to 12 minutes. Makes 5 dozen.

## *Oatmeal Cookies*

1 cup rolled oats  
1/4 cup sugar  
1/4 brown sugar, packed  
1/4 teaspoon cinnamon  
1 cup All-Purpose Convenience Mix  
1 egg  
1 teaspoon vanilla  
2 tablespoons water

Add the rolled oats, sugar, brown sugar, and cinnamon to Convenience Mix. Blend with a spoon. Add vanilla and water to egg. Pour into the dry mix. Mix until the cookie dough cleans the side of the mixing bowl. The dough will be stiff. Drop the dough by teaspoons onto a greased cookie sheet. Bake at 375 degrees F for 10 to 12 minutes. Makes about 2 dozen.

## *Oatmeal Cookie Variations*

**Oatmeal Raisin Cookies** Add 1/2 cup raisins with oats, sugar and cinnamon.

**Oatmeal Banana Cookies** Add 1 cup mashed bananas with the vanilla, water and egg. (Cookies will be softer and moister.)

## *Peanut Butter Cookies*

1/3 cup sugar  
1/3 cup peanut butter  
1 egg  
1 teaspoon vanilla  
1 tablespoon water  
1-1/2 cups All-Purpose Convenience Mix

Measure sugar and peanut butter into a bowl; mix well. Add egg, vanilla, water and stir all together. Add the Convenience Mix. Mix until you have a smooth, soft dough. Make 1-inch balls. Put balls 2 inches apart. Flatten balls with a fork dipped in flour. Bake the cookies at 375 degrees F for about 8 to 10 minutes, until golden brown. Makes 3 dozen small cookies.

## *Potato Skillet Cakes*

1 egg  
1 cup cold mashed potatoes  
1/2 cup milk  
2 tablespoons vegetable oil  
2 cups All-Purpose Convenience Mix

Beat egg with mixer. Add potatoes, milk and vegetable oil; beat until smooth. Mix in Convenience mix. Drop batter by tablespoonfuls onto hot griddle. Bake over medium heat until golden brown, about 5 minutes for each side. Serve hot with syrup or jelly. Makes about 25 cakes.

## *Tuna Biscuit Squares*

Biscuit dough (see page 6)  
1 can (6-1/2 oz) tuna, drained and flaked  
1/4 cup sweet pickle relish  
1/2 teaspoon salt  
1 tablespoon prepared mustard  
3 tablespoons salad dressing

Prepare biscuit dough, divide in half and roll half into 9-inch square. Place this on

greased baking sheet. Mix remaining ingredients together and spread over square. Roll the remaining biscuit dough into a 9-inch square and place over filling. Bake at 450 degrees F for 10 to 12 minutes. Cut into squares.

This is good served with white sauce over the top. For added flavor and nutrition, add leftover vegetables to the white sauce.

## *Tuna-Broccoli Casserole*

2 cups frozen chopped broccoli  
1 can (6-1/2 oz) tuna, drained and flaked  
1 can (10-1/2 oz) cream of mushroom soup  
1/2 cup water  
Biscuit dough (see page 6)

Cook broccoli until almost tender. Place broccoli in greased, 9 x 9 x 2 inch square pan. Cover broccoli with tuna. Mix soup and water together and pour over top. Make biscuit dough by combining Convenience mix and milk. Beat 20 strokes. Drop dough by tablespoonfuls over mixture in pan. Bake at 450 degrees F for 15 minutes or until golden brown. Serve hot. Makes 6 servings.

### **Nutrient content per serving:**

Calories	353
Total fat	12 grams
saturated fat	1.8 grams
Protein	18 grams
Carbohydrate	43 grams
Cholesterol	15 milligrams
Calcium	170 milligrams
Iron	2.7 milligrams

### **Percent of calories from**

Protein	20%
Carbohydrate	50%
Fat	30%

## All-Purpose Convenience Mix for One or Two

4-1/2 cups flour  
1 cup nonfat dry milk  
2 tablespoons baking powder

1-1/2 teaspoons salt  
1/3 cup plus 1 tablespoon canola oil

Combine flour, dry milk, baking powder and salt in a large bowl. Stir together. Mix in oil until the mixture is smooth. Store in airtight container. Refrigerate and use within a month or put into containers suitable for freezing and freeze.

### Nutrient content per cup:

479 calories, 13 grams protein, 72 grams carbohydrate, 1 gram saturated fat, 8 grams monounsaturated fat, 4 grams polyunsaturated fat, 2 milligrams cholesterol, 214 milligrams calcium and 2 milligrams iron.

Percent of calories from protein 11%; carbohydrate 61%; fat 28%

Makes 6 cups

### *Cheese Bread for One or Two*

1 egg  
3-3/4 cups All-Purpose Convenience Mix for One or Two  
1-1/2 cups water  
3/4 cup grated natural cheese (cheddar)

Beat egg; add water and stir in Convenience Mix and cheese. Beat until well blended. Pour into greased loaf pan, 9 x 5 x 3 inches. Bake 1 hour at 350 degrees F. Let cool for 10 minutes before removing from pan. When cool, slice and serve. Or cool thoroughly, wrap and store. Slice in thin slices for serving. Also good toasted.

### *Dumplings for One or Two*

3 cups All-Purpose Convenience Mix for One or Two  
3/4 cup water (about)

Pour water into mix and stir about 30 strokes. Drop from tablespoon into gently boiling stew. Cook for about 20 minutes, keeping tightly covered during the last 10 minutes.

### *Muffins*

2-1/2 cups All-Purpose Convenience Mix for One or Two  
1/3 cup sugar  
3/4 cup water  
1 egg

Combine mix and sugar. Beat egg and add water. Add to dry ingredients. Stir just enough to mix in dry ingredients. Fill greased muffin tins about 2/3 full and bake at 400 degrees F for about 18 to 20 minutes.

### **Muffins for One or Two Variations**

**Raisin Muffins** Add 1/2 cup raisins to batter.

**Date Muffins** Add 1/3 cup chopped dates to batter.

**Blueberry Muffins** Add 1/2 cup fresh or frozen blueberries to batter.

**Pineapple Muffins** Add 1/2 cup well-drained, crushed pineapple to batter.

## *Oatmeal Muffins for One or Two*

1-1/2 cups All-Purpose Convenience Mix for One or Two  
1-1/2 cups rolled oats  
1/3 cup sugar  
1 egg  
2/3 cup water

Measure all dry ingredients, put into mixing bowl and stir well. Mix egg and water together in another bowl, then add the dry mixture all at once. Stir slightly. The mixture should be left lumpy. Fill oiled muffin cups 2/3 full. Bake at 425 degrees F for 18 to 20 minutes or until golden brown.

## *Oatmeal Muffin for One or Two Variations*

**Raisin Oatmeal Muffins** Add 1/2 cup raisins to batter.

**Date Nut Oatmeal Muffins** Add 1/4 cup chopped dates and 1/4 cup chopped nuts to the basic recipe.

## *Bran Muffins for One or Two*

1-1/2 cups All-Purpose Convenience Mix for One or Two  
1 egg  
1/4 cup sugar  
2/3 cup water  
1 cup whole bran cereal flakes

Place egg in bowl and beat. Add sugar and water. Continue beating. Blend in whole bran cereal. Add Convenience Mix. Stir quickly and vigorously until just mixed. Batter will look lumpy. Rub muffin tins lightly with oil. Fill about 2/3 full. Bake at 400 degrees F for 18 to 20 minutes. Serve hot with jam or jelly

## *Pancakes for One or Two*

1-1/2 cups All-Purpose Convenience Mix for One or Two  
2 tablespoons sugar  
3/4 cup water  
1 egg, well beaten

Blend mix and sugar. Stir water and egg into mix until blended. Drop batter onto hot griddle, lightly greased. Cook on one side until bubbles form and break. Turn and cook on the other side. Serve immediately. Makes 12 medium pancakes.

### **Pancakes for One or Two Variation**

Before turning the pancakes, add your favorite fruit or vegetable: banana, blueberries, corn or chopped nuts.



## Whole Wheat Convenience Mix

3 cups whole wheat flour  
5 cups all-purpose flour  
2 cups nonfat dry milk  
1 cup canola oil  
1/2 cup wheat germ (optional)  
1/2 cup sugar  
1/4 cup baking powder  
1 tablespoon salt

Put all ingredients except oil in large bowl and mix well with a spoon. Mix in oil with pastry blender or fork until finely distributed. Store in airtight container in the refrigerator (use within a month) or freezer.

### Nutrient content per cup:

488 calories, 13 grams protein, 70 grams carbohydrate, 18 grams fat (with only 1.4 grams saturated fat), 1.8 milligrams cholesterol, 5 grams dietary fiber, 203 milligrams calcium, 3.4 milligrams iron.

Percent of calories from protein 11%; carbohydrate 56%; fat 33%

Makes 13 cups

## *Whole Wheat Bread*

1 egg  
1-1/4 cup water  
4-1/2 cups Whole Wheat Convenience Mix

Beat the egg slightly with the water in a large bowl. Stir in the whole wheat mix just until dry ingredients are moistened. Turn into a greased 9 x 5 x 3-inch loaf pan and bake at 350 degrees F for 50 minutes, or until a pick inserted in the center comes out clean. Let stand in pan on wire rack about 5 minutes; loosen sides with a spatula and turn right side up on rack. Cool thoroughly before slicing.

## *Whole Wheat Muffins*

Prepare batter as for Whole Wheat Bread. Spoon into greased medium muffin cups, filling them 2/3 full. Bake in 400 degree F oven for 15 to 20 minutes. Makes 18 muffins.

## *Whole Wheat Pancakes*

1 egg  
1 cup water  
2-1/4 cups Whole Wheat Convenience Mix

Beat the egg slightly with the water in a bowl. Stir in the Whole Wheat Convenience Mix, just until dry ingredients are moistened. Pour batter onto greased, hot griddle and cook over medium heat until browned on both sides and cooked through. Serve hot with applesauce or molasses. Makes about 15 3-inch pancakes.



## *Whole Wheat Coffee Cake*

1 egg  
1/2 cup water  
2-1/4 cups Whole Wheat Convenience Mix  
1/2 cup raisins

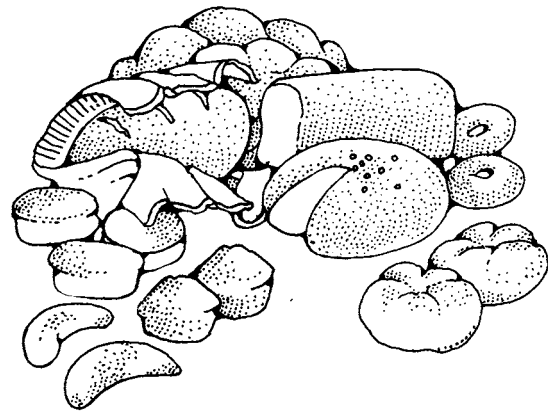
Beat the egg slightly with the water in a bowl. Stir in the Whole Wheat Convenience Mix and raisins just until dry ingredients are moistened. Spread evenly in greased 8 x 8-inch baking pan. Sprinkle with Crumb Topping and bake in preheated 400 degree F oven about 25 minutes. Cut in squares. Best served warm.

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### **Crumb Topping**

1/2 cup brown sugar  
2 tablespoons flour  
1/2 teaspoon cinnamon  
2 tablespoons margarine

Mix the sugar, flour and cinnamon together until there are no lumps of sugar. Add the margarine and mix until topping is fine and crumbly.



## Corn Bread Convenience Mix

4 cups flour  
4 cups cornmeal  
1-1/2 cups instant dry milk  
1 cup margarine  
1/2 cup sugar  
1/4 cup baking powder  
1 tablespoon salt

Stir dry ingredients together until well mixed. Cut in margarine with a pastry blender. Store in tightly covered container in the refrigerator or freezer. Use within a month.

### Nutrient content per cup:

529 calories, 11 grams protein, 82 grams carbohydrate, 17 grams fat (with only 3 grams saturated fat), 1.6 milligrams cholesterol, 187 milligrams calcium, and 3.9 milligrams iron.

Percent of calories from protein 9%; carbohydrate 62%; fat 29%.

Makes 11 cups

### *Golden Bread Drops*

2 cups Corn Bread Convenience Mix  
1/2 cup water

Mix and drop onto baking sheet. Bake at 425 degrees F for 10 to 12 minutes. Or mix and drop onto a heavy skillet that has been greased and heated. Cook 5 to 7 minutes on each side on top of stove.

### *Golden Corn Bread, Corn Muffins Or Corn Sticks*

2 cups Corn Bread Convenience Mix  
2/3 cup water  
1 egg

Mix and pour into greased 8 x 8-inch pan, greased muffin cups or hot, greased corn stick pan. Bake at 425 degrees F 20 to 25 minutes until lightly browned. Makes 9.

### *Corn Bread Variations*

**Blueberry Squares** Add 1 cup blueberries.

**Harvest Corn Squares** Add 2 tablespoons sugar and 3/4 cup diced apples.

**Onion-Cheese Corn Bread** Add 1/3 cup chopped onion and 1/2 cup shredded cheddar cheese.

### *Corn Doodle Cookies*

2 cups Corn Bread Convenience Mix  
1/3 cup sugar  
1/2 teaspoon cinnamon  
1 egg  
3 tablespoons water  
1/4 teaspoon vanilla

Stir together Corn Bread Convenience Mix, sugar and cinnamon. Blend in egg, water and vanilla. Drop by teaspoons onto greased baking sheets. Bake at 375 degrees F, 10 to 12 minutes, until lightly browned on edges. Remove from oven and loosen with spatula.

### *Golden Goody Pancakes*

2 cups Corn Bread Convenience Mix  
1 egg  
1 cup water

Stir and drop onto hot greased skillet or griddle. Turn over when edges look dry. Cook until lightly browned on bottom. Makes 8 to 10 pancakes.

## Rolled Oats Convenience Mix

4 cups flour	1 teaspoon salt
4 cups quick-cooking oats (not instant)	1/4 cup baking powder
1-1/2 cups nonfat dry milk	3/4 cup margarine

Put all ingredients except margarine in large bowl and stir until very well mixed. Cut in margarine until well blended. Cover and refrigerate; will keep 1 month.

**NOTE:** Store in airtight glass jars or canisters. To measure, spoon into cup, pack lightly and level off.

### Nutrient content per cup:

450 calories, 14 grams protein, 62 grams carbohydrate, 16 grams fat (with only 3 grams saturated fat), 1.8 milligrams cholesterol, 157 milligrams calcium, and 3.5 milligrams iron.

Percent of calories from protein 12%; carbohydrate 55%; fat 33%

Makes 10 cups

## *Oat Muffins*

2-1/4 cups Rolled Oats Convenience Mix  
1/4 cup raisins (optional)  
2 Tablespoons sugar  
2/3 cup water  
1 egg, beaten

Put all ingredients in bowl and stir just to moisten. Spoon into 12 greased 2-1/2-inch muffin cups and bake at 425 degrees F about 20 minutes.

## *Oat Pancakes*

1-1/2 cups Rolled Oats Convenience Mix  
1 cup water  
1 egg

Stir all ingredients in a bowl with a spoon until blended. Cook on hot griddle or in a skillet until browned on both sides and done. Makes about 16 3-inch pancakes.

## *Date-Nut Oat Bread*

8 ounces pitted dates  
1 cup boiling water  
1/2 cup sugar  
1 egg  
3 cups Rolled Oats Convenience Mix  
1 cup chopped walnuts

Chop dates and put in bowl. Cover with the boiling water and mix well. Stir in sugar, let stand until lukewarm, then add remaining ingredients and mix well. Put in greased, 9 x 5 x 3-inch loaf pan and bake at 350 F for 1 hour, or until done. Remove from pan and cool before slicing.

## *Coconut Dreams*

2 cups Rolled Oats Convenience Mix  
2 tablespoons milk  
1 egg  
1/2 teaspoon vanilla  
1/2 cup shredded coconut  
1/3 cup sugar

Mix all ingredients thoroughly. Drop by teaspoons onto a greased cookie sheet, 2 inches apart. Bake at 350 degrees F for 10 to 12 minutes. Makes 24.

### *Coconut Dreams Variation*

**Nut Dreams** In place of coconut, use 1/2 cup nuts.

## *Cranberry Fruit Bar*

1-1/3 cups thick, sweetened cranberry sauce  
2 cups Rolled Oats Convenience Mix  
1/2 cup sugar  
1/4 cup water

Mix Rolled Oat Mix, sugar and water. Grease bottom of 9 x 13 inch pan. Spread half of rolled oat mixture over bottom of pan and press. Spread cranberry sauce over the mix. Sprinkle rest of mix evenly over the fruit and press down lightly. Bake at 350 degrees F for 25 to 30 minutes. Cool and cut into squares. Makes 20.

### *Cranberry Fruit Bar Variation*

**Fruit Bars** Any dried, cooked, sweetened fruit may be used in place of the cranberry sauce, if it's not runny. Try peach conserves.

## *Hermits*

3 cups Rolled Oats Convenience Mix  
1/4 cup brown sugar, packed  
1/2 cup sugar  
1 teaspoon cinnamon  
1/2 teaspoon cloves  
1 egg  
1/2 cup milk  
3/4 cup mixture of chopped nuts, raisins, and dates

Combine all dry ingredients. Beat egg slightly and add milk. Add liquid mixture to dry mixture, and stir until all ingredients are well blended. Mix in nuts or fruit. Drop by teaspoons onto a greased cookie sheet. Bake at 350 degrees F for 15 minutes or until lightly browned. Makes about 2 dozen cookies.

## *Applesauce Cookies*

3-1/3 cups Rolled Oats Convenience Mix  
1/4 cup brown sugar, packed  
1/2 cup sugar  
1/4 teaspoon soda  
1/2 teaspoon ground cloves  
1/2 teaspoon ground nutmeg  
1 egg  
2/3 cup applesauce  
1/2 cup raisins

Combine all dry ingredients. Beat egg slightly and add to applesauce. Add liquid mixture to dry mixture, and stir until all ingredients are well blended. Drop by teaspoons onto a greased cookie sheet. Bake at 350 degrees F for 15 minutes. Makes about 2 dozen cookies.

## *Oat-Raisin Cookies*

2-1/2 cups Rolled Oats Convenience Mix  
1/2 cup sugar  
1/3 cup raisins  
1/4 cup water  
1 egg, beaten  
1 teaspoon cinnamon  
1 teaspoon vanilla

Mix all ingredients and drop from teaspoon onto greased baking sheets. Bake at 375 degrees F for 12 to 15 minutes. Makes about 2 dozen.

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### **Hot Cocoa Convenience Mix**

2/3 cup sugar  
2/3 cup unsweetened cocoa  
1-1/2 cups dry milk powder  
1-1/2 cups non-dairy creamer, light

Sift cocoa. Mix ingredients thoroughly and store in an airtight container. To use, bring 4 cups of water to boil in sauce pan, mix in 3/4 cup Convenience Mix and stir well.

**Nutrient content per 3/4 cup of hot cocoa Convenience Mix:**

225 calories, 20 grams protein, 59 grams carbohydrate, 13 grams total fat (with only 0.08 grams saturated fat), 3 milligrams cholesterol, 223 milligrams calcium, and 3.3 milligrams iron.

**Nutrient content per 1 serving prepared cocoa:**

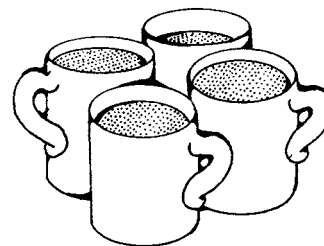
64 calories, 5 grams protein, 15 grams carbohydrate, 3.3 grams total fat (with only .02 grams of saturated fat), 0.75 milligram cholesterol, 56 milligrams calcium, and .8 milligram iron.

**Percent of calories from** protein 18%; carbohydrate 55%; fat 27%

Makes 4-1/2 cups

## *International Coffee Mix*

Combine 1/3 cup Hot Cocoa Convenience Mix and 1/4 cup instant coffee. Store in an airtight container. To serve, measure 1-1/2 tablespoons mix into a cup. Add boiling water and stir well.



## Convenience Spaghetti Sauce Seasoning Mix

1/2 cup instant minced onion  
1/2 cup cornstarch  
2 tablespoons sugar  
1 teaspoon garlic powder

1/2 cup parsley flakes  
3 tablespoons salt  
2 tablespoons Italian seasoning

Combine all ingredients. Store in a jar and cover tightly. The above recipe makes 8 packets of mix. Measure out 1/4 cup plus 1 teaspoon mix for each packet.

Makes 8 packages or 2-1/4 cups mix

### *Spaghetti*

Brown 1 pound lean hamburger and drain fat. Stir together 1 (6 oz) can tomato paste, 2 cups water and 1 packet spaghetti sauce seasoning mix. Add sauce to hamburger. Cover and simmer 20 minutes. (May use 1 [6 oz] can tomato paste, 1 cup stewed tomatoes, 1 cup water and 1 packet spaghetti sauce seasoning mix if desired.)

### *Sloppy Joes*

Brown 1 pound lean hamburger and drain fat. Stir together 1 (6 oz) can tomato paste, 1-1/4 cups water and 1 packet spaghetti sauce seasoning mix. Add sauce to meat. Cover and simmer 20 minutes. Serve on hamburger buns. Makes 6 servings.

## Convenience Taco Seasoning Mix

1/3 cup instant minced onion  
3 tablespoons salt  
1 tablespoon curry powder  
1 tablespoon cornstarch

1 tablespoon crushed dried red pepper  
1 tablespoon instant minced garlic  
3 tablespoons chili powder  
2 teaspoons oregano

Combine all ingredients. Store in a jar and cover tightly. To use, measure 2 tablespoons to equal a package.

Makes 8 packages or 1 cup mix

### *Tacos*

Brown 1 pound lean hamburger in skillet. Drain excess fat. Add 1 package taco mix and 3/4 cup water; bring to boil. Reduce heat and simmer uncovered for 10 minutes or until liquid is reduced. Stir. Place about 2 tablespoons meat mixture into each taco shell. Top the meat with shredded cheddar cheese, chopped tomatoes and finely shredded lettuce. Makes 8 to 10 tacos.

### **Convenience Chili Seasoning Mix**

1 cup flour  
1 cup instant minced onion  
1 tablespoon crushed, dried red pepper, if desired

1 tablespoon instant minced garlic  
1/4 cup chili powder  
1 tablespoon curry powder

Combine all ingredients. Store in a covered container. Use 1/4 cup plus 1 tablespoon for each packet.

Makes 8 packages or 2-1/2 cups mix

### *Chili*

Brown 1 pound lean hamburger in skillet. Drain excess fat. Stir in 1 package chili seasoning mix. Add 1 (1 lb) can tomatoes (cut into pieces), 1/2 cup water, and 1 (15 oz) can kidney beans. Bring to boil. Reduce heat, cover and simmer for 10 minutes. Makes 4 to 6 servings.

### **Convenience Meat Loaf or Meatball Seasoning Mix**

2 cups dried bread crumbs  
1 tablespoon salt  
1/2 teaspoon black pepper  
1 tablespoon parsley flakes

1/2 cup nonfat dry milk  
1 tablespoon poultry seasoning  
3 tablespoons instant minced onion flakes

Combine ingredients. Store whole mix recipe in a tightly covered container. Use 3/4 cup of mix for each recipe.

Makes 3 cups mix or 4 individual packages

### *Meatloaf*

Saute 1/2 medium, chopped green pepper in 1 tablespoon vegetable oil until soft. Add 1/3 cup water, 1 beaten egg and 3/4 cup Meat Loaf or Meatball Seasoning Mix to 1 pound lean hamburger. Mix well and press into 8 x 4 inch loaf pan. Bake at 350 degrees F for 1 hour or until done.

### *Meatballs*

Prepare as for meat loaf mixture. Shape mixture into 2-inch balls, brown on all sides in small amount of fat, add to spaghetti sauce and simmer until thoroughly cooked.

## Convenience Seasoning Mixes For Rice

Below are recipes for making rice flavoring mix. Add 1 packet of mix to each 2 cups water used for cooking rice. Bring water to boil, add rice and cook according to package directions. Use brown rice for added fiber.

### *Curry Mix*

Mix 1/2 cup instant onion, 3 tablespoons curry powder, 3 tablespoons chicken bouillon granules, 1 teaspoon garlic powder and 1/2 teaspoon ground turmeric. Place in container. Use 2 tablespoons plus 1 teaspoon mix for each recipe. Makes 6 recipes.

### *Beef Mix*

Combine 3 tablespoons beef bouillon granules, 1/2 cup instant minced onion, 1/2 cup parsley flakes. Place in container. Use 2-1/2 tablespoons mix for each recipe. Makes 6 recipes.

### *Chicken Mix*

Combine 3 tablespoons chicken bouillon granules, 1/2 cup parsley flakes, 1 tablespoon celery flakes, 1/2 cup instant minced onion, and 1/4 teaspoon pepper. Place in a container. Use 3 tablespoons mix for each recipe. Makes 6 recipes.

### *Spanish Rice Mix*

When using this seasoning mix, replace half the water for cooking the rice with stewed tomatoes. Combine 2 tablespoons instant minced onion, 1/4 cup parsley flakes, 2 tablespoons salt, 1/2 teaspoon black pepper, 1 teaspoon garlic powder and 1 teaspoon turmeric. Store in a container. Use 1/4 cup mix for each recipe. Makes 4 recipes.

### *Pre-Mix Flavorings*

**Mexican Flavoring** Cumin powder is an important ingredient for Mexican flavoring. Cayenne pepper can be added for the hot taste and the red color. To make a milder recipe and still maintain the color, try blending some cayenne pepper and paprika. Add both cumin and chili powder to onion when it is being sautéed.

**Italian Flavoring** Combine 6 tablespoons basil, 2 tablespoons oregano, 1 tablespoon thyme and keep package in a dry container. Add about 1 teaspoon per cup of tomatoes, tomato sauce or puree, or add to taste. Makes 27 teaspoons.





## Convenience White Sauce Mix

3 cups instant nonfat dry milk  
1 cup flour  
2 teaspoons salt

1/2 cup margarine  
1/8 teaspoon pepper

Combine dry milk, flour, margarine, salt and pepper in a large bowl. Use a pastry blender, fork or two knives to cut margarine into dry ingredients; work ingredients together until mixture resembles small peas. Store in a tightly covered container and refrigerate.

Yield: 5 cups of mix

### *White Sauce*

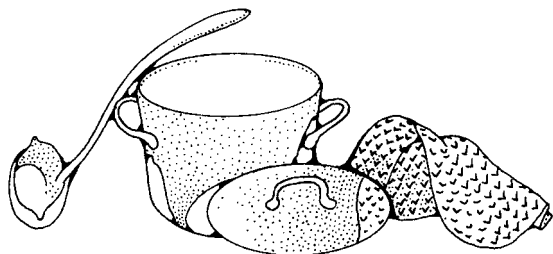
In a small saucepan, combine 1/2 cup Convenience White Sauce Mix with 1 cup water. Stir constantly over medium heat until sauce thickens and bubbles. Makes 1 cup white sauce.

### *Egg Sauce*

Make white sauce above, adding 2 sliced, hard-cooked eggs.

### *Cheese Sauce*

Make White Sauce above, adding 1/2 to 3/4 cups cubed or shredded cheese and 1/2 teaspoon dry mustard after stirring in water.



### *Magic Cream Soups*

3 cups cold water  
1 cup Convenience White Sauce Mix  
1 cube or 1 teaspoon beef or chicken bouillon granules

Combine water, Convenience White Sauce Mix and bouillon in a saucepan. Stir over medium heat until slightly thick. Add one of these:

3 carrots, cooked and mashed  
3 potatoes, cooked and chopped  
1 package chopped spinach, cooked  
1 can (16 oz.) cream-style corn and  
1 tablespoon onion, chopped.

### *Magic Pudding*

1-1/2 cups Convenience White Sauce Mix  
2 cups cold water  
1/3 cup sugar  
1 egg (optional)  
1 teaspoon vanilla

Combine Convenience White Sauce Mix, water and sugar in saucepan. Stir over medium heat until pudding bubbles. (If adding egg, remove from heat and beat half of the hot mixture into the egg. Blend slowly into remaining hot mixture. Cook 1 minute longer.) Add vanilla and beat. Cover and cool.

### **Convenience Meat, Fish And Poultry Seasoned Coating Mix**

2 cups fine bread crumbs  
1/2 cup flour  
1 teaspoon salt  
1 tablespoon paprika

1 teaspoon poultry seasoning  
1/2 teaspoon pepper  
2 tablespoons margarine

Combine dry ingredients. Cut in margarine thoroughly. Store whole recipe in a tightly covered container or measure out 3/4 cup mix and store in plastic bag with twist tie, or other small, airtight container.

Makes 3 cups of seasoned coating mix or 4 packages.

### *Coating*

Place 3/4 cup seasoned coating mix in a brown paper bag. Add a cutlet, fish, chop, a piece of chicken or other desired meat to bag and shake until coated. Bake or fry as desired.

### **Convenience Meat, Fish And Poultry Seasoned Cornmeal Coating Mix**

1 cup flour  
1 cup cornmeal  
1/2 cup dry milk  
1/2 teaspoon poultry seasoning

1 teaspoon salt  
2 teaspoons sugar  
1/8 teaspoon pepper  
1/8 teaspoon paprika, if desired

Combine ingredients. Store whole recipe in a tightly covered container or measure out 3/4 cup mix and store in plastic bag with twist tie, or other small airtight container.

Yield: 2-1/2 cups seasoned cornmeal coating mix or 3 packages.

### *Coating*

Place 3/4 cup seasoned cornmeal coating mix in a brown paper bag. Add a cutlet, chop, fish, a piece of chicken or other desired meat to the bag and shake until coated. Bake or fry as desired.

### Salt-Free Seasoning Mix

1 teaspoon dried thyme  
1-1/2 teaspoon dried oregano  
1-1/2 teaspoon garlic powder  
2 teaspoons paprika

2 teaspoons dry mustard  
1/2 teaspoon onion powder  
1/4 teaspoon dill weed

Combine and place in an airtight container; store in a cool place. Use in place of salt to season food.

### Basic Oil And Vinegar Dressing Mix

4 teaspoons salt  
3 tablespoons sugar  
1 teaspoon dry mustard  
1 cup vinegar

3 cups salad oil  
1/4 teaspoon ground red pepper  
1/2 teaspoon pepper

Combine all ingredients in a glass jar or bottle. Cover, shake well and store in refrigerator. Shake again before using.

Makes 4 cups

### *Curry Dressing*

Add 1 teaspoon curry powder, 1/4 teaspoon dry mustard (optional) and 1 or 2 finely chopped, hard-cooked eggs to 1 cup Basic Oil and Vinegar Dressing.

### *Vinaigrette Dressing*

Add 2 teaspoons finely chopped chives and 1 to 2 finely chopped, hard-cooked eggs to 1 cup Basic Oil and Vinegar Dressing.

### *Florentine Dressing*

Add 3 tablespoons finely minced raw spinach to 1 cup Basic Oil and Vinegar Dressing.

### *Chiffonaide Dressing*

Add 4 teaspoons minced pimento, 1 teaspoon dried parsley flakes, and 1 finely chopped, hard-cooked egg to 1 cup Basic Oil and Vinegar Dressing.

### *Parmesan Dressing*

Add 3 to 4 tablespoons grated Parmesan cheese to 1 cup Basic Oil and Vinegar Dressing.

### *Mint Dressing*

Add 2 tablespoons dried mint leaves and 4 teaspoons sugar to 1 cup Basic Oil and Vinegar Dressing.

### *Indian Rose Dressing*

Add 1 small cooked beet, finely chopped; 1/2 teaspoon Worcestershire sauce and 2 tablespoons chopped sweet pickle to 1 cup Basic Oil and Vinegar Dressing.

### *Spicy Red Dressing*

Add 1/3 cup ketchup, 1/2 teaspoon dried oregano, 1 teaspoon parsley flakes, 1/2 teaspoon dried basil flakes, 1/2 teaspoon dried dill weed and 1/4 teaspoon celery salt to 1 cup Basic Oil and Vinegar Dressing. Cover and refrigerate for 1 week to give herbs time to flavor dressing.

### *Blue Cheese Dressing*

Add 1/4 cup crumbled blue cheese to 1 cup Basic Oil and Vinegar Dressing.

### *Celery Dressing*

Add 1 teaspoon celery seeds to 1 cup Basic Oil and Vinegar Dressing.

### *Honey-Celery Dressing*

Add 1/2 cup honey and 1 tablespoon celery seeds to 1 cup Basic Oil and Vinegar Dressing.

### *Honey-Lemon-Orange Dressing*

Add 2 tablespoons honey, 4 teaspoons lemon juice, 1 teaspoon orange juice, and 1/2 to 1 teaspoon grated lemon peel to 1 cup Basic Oil and Vinegar Dressing.

### *Honey-Orange Dressing*

Add 2 tablespoons honey, 4 teaspoon orange juice, 1 teaspoon lemon juice, and 1/2 teaspoon grated orange peel to 1 cup Basic Oil and Vinegar Dressing.

### **High Fiber Convenience Snack Mix**

8 cups high-fiber cereals  
(Rice, Multi-Grain or Wheat Chex)  
1/4 cup margarine  
1-1/2 teaspoons seasoned salt

1/2 cup peanuts  
1/2 cup wheat germ  
1 cup pretzel sticks  
1-1/2 tablespoons Worcestershire sauce

Set over to 250 degrees F. Heat margarine in shallow baking pan in oven until melted. Remove. Stir in seasoned salt and Worcestershire sauce. Add cereal, nuts and pretzels. Mix until all pieces are coated. Heat in oven 1 hour; stirring every 15 minutes. Spread on absorbent paper to cool.

**Note:** Snack Mix may be frozen, so make a double batch. Thaw at room temperature in container in which it was stored.

**Nutrient content per 1 cup serving:**

281 calories, 8 grams protein, 43 grams carbohydrate, 10 grams fat (with only 1.4 grams of saturated fat), 0 cholesterol, 4.7 grams total fiber, 29 milligrams calcium, and 7 milligrams iron.

Percent of calories from protein 10%; carbohydrate 59%; fat 31%

Makes 10 cups.

# Making a Mix From a Favorite Recipe

You can easily make your own mixes at home for many floured-based foods (cakes, quick breads, pie crusts, cookies) and foods containing a variety of spices (spaghetti sauce, chili sauce, meat loaf).

## Flour-Based Mixes

Using a favorite recipe, combine all the dry ingredients with margarine. Blend well and store in an airtight container. (The mix will need refrigeration.) Label the mix with the directions for preparing and date it so it will be used within 3 months. Then, when ready to use, empty the mix into a bowl and add the liquid ingredients (eggs, milk, water, vanilla) as given in the original recipe.

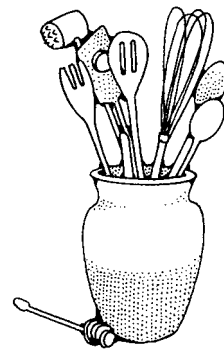
Let's say that this is your best pancake recipe and you would like to make it into a mix similar to those available in the stores.

### Basic Pancake Batter

2 cups flour  
1 tablespoon baking powder  
1 teaspoon salt  
2 tablespoons sugar  
1 egg  
1/2 cup dry milk plus 1-1/4 cups water or 1-1/2 cups fluid milk  
3 tablespoons margarine

Thoroughly mix flour, baking powder, salt, sugar, dry milk (if used) and margarine. Store the mix in a jar or other airtight container. Label with directions. Make only as many batches as you will use within 3 months.

When ready to make a batch of pancakes, empty one batch of mix into bowl. Add an egg and water or milk and combine well. Follow recipe directions for cooking.



It may be simpler to make and store several single batches individually. But it is also possible to multiply the dry ingredients to make a quantity of mix to be stored in a large container. The only difference in using this approach is that you must figure how much mix to measure out when you want a single batch of pancakes. To do this, add together all the cups, all the tablespoons and all the teaspoons to dry ingredients and fat in the original recipe for a single batch and then convert the answer you get into cups of dry mix.

**2 cups flour + 1/2 cup dry milk = 2-1/2 cups (or 2 cups and 8 tablespoons)**

**1 tablespoon baking powder + 2 tablespoons sugar + 3 tablespoons fat = 6 tablespoons**

**1 teaspoon salt = 1 teaspoon**

**Total = 2 cups + 14 tablespoons + 1 teaspoon (or 3 cups minus 2 tablespoons)**

As in this recipe, you are likely to come out with a sum that does not make even 1/4, 1/3 or 1/2 cups. Estimate your figures to the nearest tablespoon. In this case, to make a single batch of pancakes, you would measure out 3 cups of the mix less 2 tablespoons.

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*A Member of the University of Maine System*

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