



Mixing It Up with " MIXES "

- C **Saves Time:** By combining basic ingredients ahead of time, *mixes* decrease preparation steps. Clean-up time is shortened because less mixing equipment is needed.
- C **Saves Money:** The ***Multi-Purpose Mix*** made at home is one-third less expensive per cup than a commercial mix. The saving is actually greater because the *Mix* already contains the necessary milk. The *Mix* contains more fat which makes the products more tender than most commercial mixes.
- C **Quick Snacks:** Quickly prepared after-school snacks are possible with minimum effort. School children will want to make many of these recipes for themselves.
- C **Variation of Liquids:** Many of the following recipes call for fruit juices as the liquid since the dry milk solids are incorporated in the *Mix*. These fruit juices add variety as well as nutritive value.

Using MIXES

- C **Adapting Recipes:** If there are recipes that have not been adapted for use with the ***Multi-Purpose Mix***, you may substitute 1 1/2 cups of the *Mix* for each cup of flour called for in the recipe. The *Mix* will contain the necessary baking powder, salt, fat and milk.
- C **Substituting Oil:** Oil cannot be used for solid fat in the ***Multi-Purpose Mix***. However, if you first make up a mix of only the dry ingredients, you may add oil and liquid to this dry mix as you make each recipe. (The *Mix* recipe without fat makes 10 cups). If you do this, just add 2 tablespoons additional liquid to the liquid called for in the recipe and follow mixing directions as given. Oil in the *Mix* makes satisfactory biscuits, muffins and coffee cakes, but it is not recommended for cakes.

- C **Storage:** Store in tightly covered container. *Mix* may be measured to help speed preparation time of your favorite recipe by storing fixed amounts in plastic bags or jars. The ***Multi-Purpose Mix*** made with vegetable shortening may be stored at room temperature for six weeks. The *Mix* made with lard should be refrigerated.
- C **Measuring:** Do not sift *Mix*. Stir lightly before measuring. Lift lightly into cup and level with spatula.

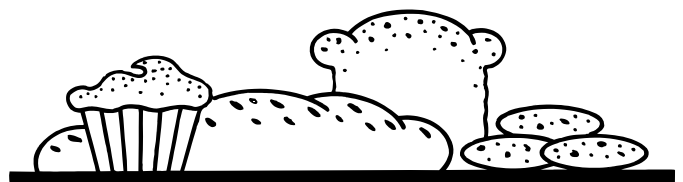


MULTI-PURPOSE MIX

9 cups all-purpose flour
 1/3 cup baking powder
 1 cup plus 2 tablespoons nonfat milk
 4 teaspoons salt
 1 3/4 cups vegetable shortening
 or 1 1/2 cups lard

Stir baking powder, dry milk and salt into flour; mix well. Cut shortening into flour mixture until resembles coarse cornmeal.

Yield: 13 cups *Multi-Purpose Mix*



B R E A D

DATE BREAD

2 ¼ cups *Multi-Purpose Mix*
½ cup sugar
2 eggs
½ cup water
¾ teaspoon vanilla
1 cup pitted dates, chopped
3 tablespoons *Multi-Purpose Mix*
¾ cup nuts, chopped

Add sugar to *Mix*. Beat eggs slightly; combine with water and vanilla. Add rest of the *Mix* to dates; blend with egg mixture. Add dates and nuts. Pour into two #2 greased cans; fill each about one-half full. Bake at 350 degrees F. for about 50 minutes.

NUT BREAD

3 cups *Multi-Purpose Mix* 1 ¼ cups milk
½ cup sugar 1 ½ cups nuts, chopped
1 egg

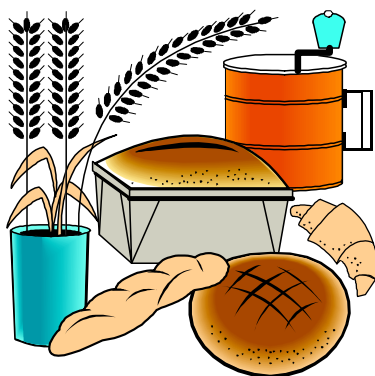
Combine all ingredients except nuts; beat vigorously 30 seconds. Stir in nuts; pour into well greased 9" loaf pan. Bake at 350 degrees F. for 45-50 minutes; cool before slicing.

**Banana Nut Variation:* Use ¾ cup sugar and only ½ cup milk. Add ¾ cup nuts and 1 cup mashed banana. Bake 55-60 minutes.

CORNBREAD

1 cup *Multi-Purpose Mix*
1 cup cornmeal
2 teaspoons sugar
½ teaspoon baking soda
½ teaspoon salt
1 egg, beaten
1 cup buttermilk

Combine dry ingredients thoroughly; add beaten egg to buttermilk and blend with dry ingredients. Pour into well greased 8-inch baking pan. Bake at 425 degrees F. for 25-50 minutes.



RAISIN BREAD

1 package active dry yeast
2 ¼ cups warm water
1 cup sugar
8 cups *Multi-Purpose Mix*
1 cup raisins

In mixer bowl, dissolve yeast in warm water; add sugar and half of *Mix*; beat 2 minutes on medium speed. Add remaining *Mix* and raisins; blend well with spoon until smooth. Cover with a cloth and let rise until double (about 30 minutes). Stir down batter; spread into two standard loaf pans. Smooth out top of loaf by flouring hands and patting smooth. Let rise until dough reaches ½-inch from top of pan. Bake at 375 degrees F. for 45-50 minutes or until well browned. Cool on rack; brush top with shortening.

ONION-HAMBURGER BUNS

1 package active dry yeast
1 ¼ cups warm water
2 tablespoons sugar
4 cups *Multi-Purpose Mix*
2 tablespoon dried onion flakes

In mixer bowl, dissolve yeast in warm water. Add sugar and half the *Mix*. Beat 2 minutes on medium speed; add remaining *Mix* and onion flakes; blend with spoon until smooth. Cover with a cloth; let rise until double (about 30 minutes). Stir down batter; drop by spoonfuls on greased baking sheet about 2" apart (makes 12). Flatten tops with floured fingers until about 1/2-inch thick. Let rise for 40 minutes; bake at 400 degrees F. for 12-15 minutes or until nicely browned. Brush tops with shortening.

C **Cocktail Buns** - Follow recipe above except drop by teaspoonfuls on greased baking sheet about 1-inch apart (do not flatten). Bake 10-12 minutes; serve warm. Makes 4 dozen.

C **Cheese Buns** - Follow recipe above except omit onion flakes. Add ⅓ cup grated sharp cheese and 2 tablespoons finely cut pimento.

B I S C U I T Basic Recipe

2 cups *Multi-Purpose Mix*

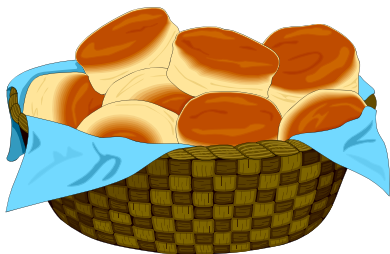
1/2 cup water

Add liquid to *Mix*. Stir 20-25 times. Turn onto lightly floured board; knead about 15 times. Roll to 1/2" thick; cut with floured biscuit cutter. Place on ungreased baking sheet; bake at 425 degrees F. for 10 minutes. Makes 12-14.

For recipes below, add the ingredients to **Basic Biscuit Recipe.*



- k Bacon Biscuits:** Add 1/4 cup minced crisp-cooked bacon to *Mix*.
- k Cheese Biscuits:** Add 1/3 cup grated sharp cheese to *Mix*.
- k Chicken-Broth Biscuits:** Add 1/8 teaspoon poultry seasoning to *Mix*. Substitute defatted broth for water. These biscuits are excellent served with chicken dishes or topping for chicken pie.
- k Drop Biscuits:** Increase liquid to 2/3 cup - no kneading or rolling is required. Drop by spoonfuls onto greased baking sheet OR may drop into hot soup to make dumplings.
- k Jelly Biscuits:** Roll basic biscuit dough 1/4-inch thick. Cut 2 biscuits, 1 with hole in middle (like doughnut). Lightly butter solid biscuit; top with doughnut biscuit. Fill hole with jelly; bake as directed.
- k Jelly Triangles:** Roll basic biscuit dough 1/4 - inch thick. Cut into 3" squares; place 1 teaspoon jelly, jam or marmalade on each square. Fold diagonally to form a triangle; crimp edges firmly with fork. Prick top crust; bake as usual.
- k Marmalade Upside-Down Biscuits:** Cut rolled dough into circles to fit muffin pans. Place 1 teaspoon melted butter and 2 teaspoons of marmalade in bottom of each greased muffin cup. Top with biscuit. Bake; turn muffin tin upside down; serve immediately.
- k Meat Pinwheels:** Reduce liquid in basic biscuit recipe to 1/3 cup. Roll dough into rectangular shape (about 1/4" thick). Add thin white sauce or cold gravy to 2 cups cooked ground meat (roast beef, ham or chicken). Spread over dough, leaving 1/2" margin; roll as jelly roll (beginning with short end). Cut into 1-inch slices; bake for 20-25 minutes. Serve hot with additional gravy.
- k Onion Biscuits:** Add 1-2 teaspoons grated onion to *Mix*. These biscuits are excellent served with meat stews or used as topping for meat pies.
- k Nut Biscuits:** Add 1/4 to 1/3 cup chopped nuts to *Mix*.
- k Orange Biscuits:** Use orange juice for the liquid. Add 1 teaspoon grated orange rind and 1-2 teaspoons sugar to *Mix*.
- k Peanut Butter Biscuits:** Add 1 tablespoon crunchy peanut butter to *Mix*.
- k Raisin Biscuits:** Add 1/3 cup raisins and 1 tablespoon sugar to *Mix*.
- k Salad Sticks:** Roll biscuit dough 1/2-inch thick. Cut into strips about 1/2-inch wide or roll with hands; cut into 3-inch lengths. Brush strips lightly with melted butter or margarine. A small amount of caraway, dill, sesame or anise seed may be sprinkled on the strips. The strips may also be rolled in garlic butter. Use 1/8 teaspoon garlic salt for each tablespoon melted butter. Place on greased baking sheet; bake at 425 degrees F. for 10 minutes. Makes 16.
- k Buttermilk Biscuits:** Combine 1 cup *Multi-Purpose Mix*, 1/2 cup water and 2 tablespoons vinegar. Mix as for *basic biscuits*; bake.



M U F F I N Basic Recipe

2 cups *Multi-Purpose Mix*
4 teaspoons sugar

1 egg
2/3 cup water



Stir sugar into *Mix*. Beat egg and add to liquid. Add liquids to dry ingredients. Stir about 15 strokes, or just enough to blend. Bake in well-greased muffin pans at 400 degrees F. for 20-25 minutes. Makes 12.

**Make the Muffin Basic Recipe above. Add the ingredients called for in each variation below.*

- k Apple Muffins:** Add $\frac{3}{4}$ cup finely diced peeled apples, dash of cinnamon and nutmeg. If apples are very tart, sugar may be increased to 2 tablespoons.



- k Bacon Muffins:** Add $\frac{1}{3}$ cup minced crisp-cooked bacon.
- k Banana Muffins:** Add $\frac{1}{2}$ cup mashed banana and $\frac{1}{4}$ teaspoon nutmeg. Reduce liquid to $\frac{1}{2}$ cup.
- k Blueberry Muffins:** Add $\frac{1}{2}$ cup canned or fresh blueberries. Canned blueberries should be drained and rinsed before using.
- k Cheese Muffins:** Add $\frac{2}{3}$ cup grated sharp cheese.
- k Corn Muffins:** Reduce water to $\frac{1}{2}$ cup; substitute $\frac{1}{2}$ cup cream-style corn.
- k Cranberry Muffins:** Add $\frac{1}{2}$ cup finely-chopped cranberries. Increase sugar to 2 tablespoons.
- k Cranberry Upside-Down Muffins:** Place 6 sliced cranberries, 2 teaspoons melted butter or margarine in bottom of each muffin cup. After baking, turn out upside down.
- k Date-Nut Muffins:** Add $\frac{1}{2}$ cup chopped dates and $\frac{1}{4}$ cup chopped nuts.
- k Dried Fruit Muffins:** Add $\frac{3}{4}$ cup cooked finely chopped dried apricot or prunes.

- k Filled Muffins:** Fill muffin cups half-full of batter. Add one of the following before topping with remainder of the batter: 1 teaspoon jelly or jam; 1 teaspoon chopped fruit; or $\frac{1}{2}$ teaspoon peanut butter.
- k Nut Muffins:** Add $\frac{1}{2}$ cup chopped nuts.
- k Onion-Cheese Muffins:** Add $\frac{1}{2}$ cup grated sharp cheese and 2 tablespoons grated onion.
- k Orange Muffins:** Substitute orange juice for the water. Add 1 teaspoon grated orange peel. For sweeter muffin, add 2 teaspoons sugar.
- k Pecan-Caramel Muffins:** Blend $\frac{1}{2}$ cup brown sugar and $\frac{1}{3}$ cup soft butter or margarine. Pat mixture evenly in greased muffin cups; top with pecan half. Top with muffin batter. Bake at 375 degrees F.
- k Pineapple Muffins:** Use pineapple juice for the liquid. Add $\frac{1}{4}$ cup crushed pineapple; reduce sugar to 2 teaspoons.
- k Pineapple Upside-Down Muffins:** Place 2 teaspoons drained crushed pineapple, 1 teaspoon sugar and 1 teaspoon melted butter into each muffin cup. Add batter; turn upside down when finished baking.
- k Spicy Muffins:** Add $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg.
- k Bran Muffins:** Combine 1 $\frac{1}{2}$ cups bran and 1 cup milk; let sit for 2 minutes. Add 1 egg, $\frac{1}{3}$ cup shortening, 2 $\frac{1}{4}$ cups *Mix* and $\frac{1}{2}$ cup sugar.



COFFEE CAKE Basic Batter

2 cups *Multi-Purpose Mix*

1/3 cup sugar

1 egg

1/2 cup water

Stir sugar into *Multi-Purpose Mix*. Beat egg and add to liquid; add to MIX. Stir until ingredients are well blended (do not beat). Spread half of batter in greased 8x8x2" baking pan. Sprinkle one-half of any of the toppings evenly over batter. Spread remaining batter over top and sprinkle rest of topping. Bake at 375 degrees F. for about 20 minutes.



Coffee Cake Variations:

k Cinnamon Batter: Add 1/2 teaspoon cinnamon to *Basic Batter* and reduce cinnamon in topping to 1/2 teaspoon.

k Spice Batter: Add 1/4 teaspoon cinnamon and 1/4 teaspoon nutmeg to *Basic Batter*; reduce cinnamon in topping to 1/2 teaspoon.

k Graham Cracker Topping: Combine 1/4 cup graham cracker crumbs, 2 T. brown sugar, 1/4 teaspoon ground cinnamon and 1/4 cup chopped pecans; sprinkle on top of *Basic Batter*.

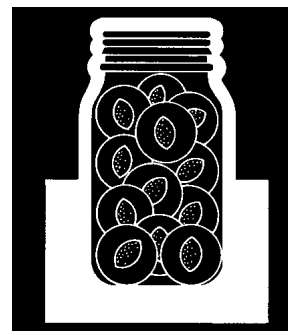
k Chocolate Chip Topping: Combine 1 1/4 cups semisweet chocolate chips (8 oz), 2/3 cup golden brown sugar, 1/2 cup chopped walnuts and 1 tablespoon ground cinnamon; sprinkle on top of *Basic Batter*.

k Basic Cinnamon-Sugar Topping: Combine 1/4 cup white sugar, 1/4 cup brown sugar, 2 tablespoons *Multi-Purpose Mix*, 1 teaspoon cinnamon, and 3 tablespoons butter. (May use all white sugar or all brown).



k Apple Topping: Combine 1/4 cup sugar, 1/4 cup brown sugar, 2 tablespoons *Multi-Purpose Mix*, 1/4 teaspoon cinnamon, 3 tablespoons butter, 1 1/2 cups finely chopped apple, and 1/2 cup raisins (*optional*). May use this topping in middle or top of coffee cake.

PEACH UPSIDE-DOWN COFFEE CAKE



1 1/2 cups sliced peaches, drained
1/2 cup sugar
2 tablespoons brown sugar
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
2 tablespoons butter

Mix *Basic Batter* using peach juice for liquid and decreasing sugar to 1/4 cup. Arrange peaches on bottom of greased 8-inch baking pan. Mix dry ingredients; cut in butter. Sprinkle over peaches. Top with *Basic Batter*; bake; let stand 3 minutes before removing.

CHERRY UPSIDE-DOWN COFFEE CAKE

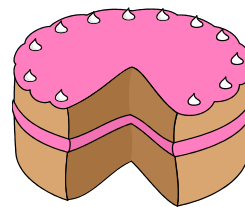
1 3/4 cups pie cherries, drained
1/4 cup *Multi-Purpose Mix*
1/2 cup + 2 tablespoons sugar
3 tablespoons brown sugar
2 tablespoons butter or margarine, melted



Put cherries on bottom of greased 8" square pan. Mix other ingredients thoroughly; sprinkle evenly over cherries. Add *Basic Batter*; bake as directed. Cool 3-5 minutes; turn out upside down.

C A K E Basic Batter

1 1/2 cups **Multi-Purpose Mix** 1 egg
1/2 cup sugar 1/2 teaspoon vanilla
1/2 cup water



Stir sugar into **Multi-Purpose Mix**. Combine water, egg and vanilla. Add half of liquid to dry mixture; beat 2 minutes at medium speed with electric mixer. Add remaining liquid; beat one minute on low speed. Pour batter into greased 9" layer pan. Bake at 375 degrees F. for 25-30 minutes. Makes one 9-inch layer or 12 cupcakes.

Variations: Make the **Cake Basic Batter recipe above; add recipe ingredients below.*

k Banana Cake: Reduce water to 1/3 cup and add 2/3 cup mashed bananas to *Basic Cake Batter*.

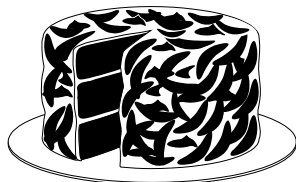
k Burnt Sugar Cake: Caramelize 1/4 cup white sugar in heavy skillet. Slowly add 1/4 cup boiling water, stirring constantly; cool. Add water to make 1/2 cup liquid. Reduce sugar to 1/4 cup in *Basic Cake Batter* and use burnt sugar liquid for the water.

k Date Cake: Add 1/2 cup pitted chopped dates and 1/4 cup nuts to *Basic Cake Batter*.

k Peppermint Cake: Add 3 tablespoons finely crushed peppermint stick candy and 2 drops red food coloring to *Basic Cake Batter*. Make chocolate or white icing; drizzle on top.

k Pineapple Cake: Use juice drained from an 8-ounce can of pineapple for liquid in *Basic Cake Batter* (add water to make 1/2 cup). Reduce sugar to 1/3 cup; add crushed pineapple with last addition of liquid. Bake at 350 degrees F. for 30 minutes.

k Prune Cake: Add 1/2 cup cooked chopped prunes, 1/2 teaspoon cinnamon and 1/8 teaspoon nutmeg to *Basic Cake Batter*. Use lemon extract instead of vanilla. Prune juice may be substituted for half of the liquid.



UPSIDE-DOWN CAKE

1/4 cup butter or margarine, melted
1/2 cup brown sugar
1 1/2 cups fruit (cherries, pineapple, peaches, etc.)
1/2 cup fruit juice

Add butter to 9-inch square pan; sprinkle with brown sugar. Arrange fruit on top. Substitute fruit juice for water in *Basic Cake Batter*; spread batter on top. Bake at 350 degrees F. for 30 minutes.

APPLESAUCE SPICE CAKE

1/2 cup tart applesauce	1/8 teaspoon cloves
1/2 teaspoon cinnamon	1/3 cup raisins, chopped
1/4 teaspoon nutmeg	1/4 cup nuts, chopped

Omit water and vanilla in *Basic Cake Batter*; increase sugar to 2/3 cup. Add rest of spice cake ingredients.

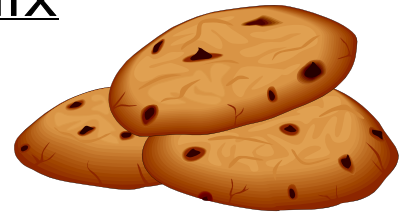
BASIC CHOCOLATE CAKE

1 1/2 cups **Multi-Purpose Mix**
1/3 cup cocoa 3/4 cup sugar
2/3 cup water 1 egg
1/2 teaspoon vanilla

Combine cocoa and sugar; add to **Mix**. Combine water, egg and vanilla. Stir half the liquid into the dry mixture; beat 1 1/2 minutes on medium speed. Add remaining liquid; beat for 1 minute. Bake at 375 degrees F. for 25 minutes. Makes one 9-inch layer cake.

COOKIE Basic Mix

9 cups all-purpose flour	1 tablespoon salt
3 cups nonfat dry milk	4 cups vegetable shortening
3 tablespoons baking powder	4 cups sugar



Mix flour, dry milk, baking powder and salt. Soften shortening in a large bowl; add sugar and mix until light and fluffy. Add dry ingredients gradually; blend thoroughly, using low speed until resembles coarse cornmeal. Store in large canister at room temperature.

CHOCOLATE CHIP COOKIES

4 cups <i>Cookie Mix</i>	1 ½ teaspoons vanilla
1 egg	¼ cup chocolate chips
2 tablespoons water	1 cup walnuts, chopped

Blend all ingredients thoroughly, adding chocolate chips last. Drop by teaspoonful onto ungreased cookie sheet. Bake at 375 degrees F. for 10-13 minutes; cool on rack. Makes 5 dozen.

PEANUT BUTTER COOKIES

4 cups <i>Cookie Mix</i>	1 egg
½ cup brown sugar	1 ½ teaspoons vanilla
1 cup peanut butter	1 tablespoon water

Blend all ingredients thoroughly. Make small balls out of dough; place on ungreased cookie sheet and flatten with tines of fork. Bake at 375 degrees F. for 10-12 minutes; cool on rack. Makes 7 dozen.

CHERRY DROPS

3 cups *Cookie Mix*
2 eggs
½ cup pecans, chopped
½ cup maraschino cherries, drained, chopped

Blend *Mix* and eggs; add cherries and nuts. Drop by teaspoonful onto ungreased cookie sheet. Bake at 375 degrees F. for 10-12 minutes; cool on rack. Makes 2 ½ dozen.



LEMON DROPS



2 cups <i>Cookie Mix</i>
1 egg
1 tablespoon lemon juice
1 ½ teaspoons lemon rind

Blend all ingredients thoroughly. Drop by teaspoonful onto ungreased cookie sheet; cool on rack. Makes 2 ½ dozen.

CHOCOLATE DROPS

2 cups <i>Cookie Mix</i>	2 tablespoons water
3 tablespoons cocoa	1 teaspoon vanilla
1 egg	½ cup walnuts, chopped

Blend all ingredients thoroughly, adding nuts last. Drop by teaspoonful onto ungreased cookie sheet. Bake at 375 degrees F. for 10-12 minutes; cool on rack. Makes 3 dozen.

CRISP CHOCOLATE DROPS

2 cups <i>Cookie Mix</i>	1 teaspoon vanilla
2 tablespoons water	½ cup nuts, chopped
4 oz. semisweet chocolate, melted	

Melt chocolate; add the rest of the ingredients and mix thoroughly. Add nuts; drop by teaspoonful onto ungreased cookie sheet. Bake at 375 degrees F. for 10-12 minutes; cool on rack. Makes 3 dozen.

THUMBPRINTS

2 cups *Cookie Mix*
4 ounces cream cheese, softened
3/4 teaspoon vanilla
1 egg white, slightly beaten
3/4 cup nuts, finely chopped
9 maraschino cherries, cut in quarters



Combine cream cheese, *Mix* and vanilla; blend thoroughly. Roll into 1-inch balls; dip into egg white and roll in nuts. Place on greased cookie sheet; press top of each cookie with thumb. Bake at 350 degrees F. for 5 minutes or until puffy. Remove from oven; quickly press top of each cookie with thumb. Return to oven; bake 10 minutes longer; cool on rack. Place cherry in center of each cookie. Makes 3 dozen.

COCONUT SUPREME

2 cups *Cookie Mix* 1 teaspoon vanilla
1 egg 1/2 cup shredded coconut
2 tablespoons water 1/2 cup walnuts, chopped

Blend all ingredients thoroughly, adding coconut and nuts last. Drop by teaspoonful onto lightly greased cookie sheet. Bake at 375 degrees F. for 12-15 minutes; cool on rack. Makes 3 dozen.

CHEWY DATE BARS

3 cups *Cookie Mix* 1/4 cup brown sugar
2 tablespoons water 1 teaspoon vanilla
2 eggs 1 cup dates, chopped
1 cup walnuts, coarsely chopped

Blend all ingredients thoroughly; add dates and nuts last. Put in greased 9x13" baking pan. Bake at 350 degrees F. for 35-40 minutes; cool and cut into bars. Makes 48.



BROWNIES

Version 1

2 cups *Cookie Mix* 1/2 cup brown sugar
2 eggs 1/4 cup water
2 squares unsweetened 2 teaspoons vanilla
chocolate, melted 1/2 cup walnuts, chopped

Melt chocolate; blend all ingredients thoroughly adding nuts last. Spread in greased and floured 9-inch square pan. Bake at 350 degrees F. for 25-30 minutes; cool and cut into bars. Makes 20-30 bars.

BROWNIES

Version 2

1 C. *Multi-Purpose Mix* 2 eggs, beaten
1/3 cup cocoa 1 teaspoon vanilla
1 cup sugar 1/2 cup nuts, chopped

Combine dry ingredients. Add beaten eggs, vanilla and nuts. Blend until well mixed. Spread in a greased 8-inch pan; bake at 350 degrees F. for 30 minutes. Makes 16.

BROWNIE MIX

6 cups flour
4 teaspoons baking powder
4 teaspoons salt
8 cups sugar
2 1/2 cups unsweetened cocoa (8 ounces)
2 cups shortening

Mix flour, baking powder and salt. Combine sugar and cocoa; add to flour mixture and mix thoroughly. Cut in shortening. Place in an airtight container; label. Store in a cool dry place. Use within 3-4 months. Makes 16 cups.

To Make: Combine 2 eggs (beaten), 1 teaspoon vanilla, and 2 1/2 cups **Brownie Mix**. Beat until smooth; stir in 1/2 cup nuts. Bake in 8x8-inch non-stick pan at 350 degrees F. for 30-35 minutes. Makes 16.

DATE BARS

Filling:

½ cup dates, chopped ½ tsp. lemon rind, grated
⅓ cup sugar ½ cup nuts, chopped
¼ cup water

Crumb Mixture:

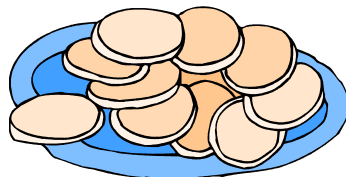
1 cup *Multi-Purpose Mix* ¾ cup quick-cooking oats
½ teaspoon cinnamon ¼ cup butter or
 margarine
½ cup brown sugar

Combine dates, sugar and water; cook until thickened, stirring constantly (about 3 minutes); cool. Add lemon rind and nuts to cooled mixture to make filling.

Make Crumbs: Combine dry ingredients; stir in butter until crumbly. Pat half of this mixture in bottom of shallow 8-inch square pan. Top with filling; sprinkle with remaining crumbs. Pat down evenly. Bake at 325 degrees F. for 35 minutes; cool. Makes 2 dozen bars.

SUGAR COOKIES

3 cups *Cookie Mix*
½ teaspoon almond extract
1 egg



Blend all ingredients thoroughly; roll 1/4-inch thick and cut with cookie cutter. Place on ungreased cookie sheet; bake at 375 degrees F. for 8-10 minutes; cool on rack. Sprinkle with granulated sugar or decorate as desired. Makes 3 dozen.

PECAN BARS

Crust: 2 eggs, beaten well
2 cups *Cookie Mix* 1 cup brown sugar
2 tablespoons water ¼ cup *Cookie Mix*
1 egg ½ teaspoon vanilla
 1 cup pecans, chopped

Blend *Mix*, water and egg thoroughly to make crust. Spread in greased 9x13" baking pan. Bake at 375 degrees F. for 8-10 minutes.

Make Topping: Combine eggs, brown Sugar, *Mix* and vanilla; blend thoroughly. Add nuts; spread on top of crust. Return to oven; bake at 350 degrees F. for 20-25 minutes; cool and cut into bars. Makes 48.

CRISPY BARS

2 cups *Cookie Mix* 1 teaspoon vanilla
¼ cup brown sugar 1 cup shredded coconut
2 eggs, beaten well 1 cup crisp rice cereal
¼ tsp. salt 1 cup walnuts
¾ cup brown sugar

Combine *Mix* and brown sugar; press into 9-inch square pan to make crust. *Make Topping:* Mix eggs and brown sugar; beat until thick. Add vanilla, coconut, rice cereal and nuts; mix thoroughly. Spread on crust; bake at 325 degrees F. for 25-30 minutes. Cool and cut into bars. Makes 20-30 bars.

MOLASSES COOKIES

4 cups *Cookie Mix* ½ teaspoon ginger
¼ tsp. ground cloves 1 egg
½ tsp. cinnamon ¼ cup molasses

Blend all ingredients thoroughly; refrigerate 1 hour. Roll into balls; place on lightly greased cookie sheet. Flatten cookies with bottom of glass covered with damp cloth. Bake at 375 degrees F. for 8-10 minutes; cool on rack. Makes 5-6 dozen.

OATMEAL COOKIES

2 cups *Cookie Mix* 1 egg
1 cup quick-cooking oats 1 cup cooked raisins
2 tablespoons brown sugar ½ cup raisin water
½ teaspoon cinnamon 1 ½ teaspoons vanilla
½ teaspoon allspice ½ C walnuts, chopped

Cover raisins with water; simmer for 5 minutes then drain saving water; cool. Blend all ingredients thoroughly; add nuts and raisins last. Drop by teaspoonful onto ungreased cookie sheet. Bake at 375 degrees F. for 13-15 minutes; cool on rack. Makes 3 ½ dozen.



CRESCENT COOKIES

1 cup *Multi-Purpose Mix* 1 teaspoon vanilla
2 tablespoons sugar ¼ cup nuts, chopped
1/4 cup butter or margarine

Add sugar to *Mix*. Cut butter into dry ingredients; add vanilla and nuts and mix well. Roll 1 teaspoon dough pencil-thin and shape into crescents. Place on ungreased cookie sheet; bake at 350 degrees F. for 10-12 minutes. Let cool slightly; roll in powdered sugar. Makes 2 ½ dozen.

PEANUT BUTTER COOKIES

2 cups *Multi-Purpose Mix* 1 egg, beaten
2/3 cup sugar 1 tablespoon water
1 cup chunk-style peanut butter

Stir sugar and peanut butter into *Mix*. Combine water and beaten egg; add to dry ingredients. Stir thoroughly; shape into a roll and refrigerate. Slice ¼-inch thick; place on ungreased baking sheet. Bake at 375 degrees F. for 10-12 minutes. Makes 3 ½ dozen.

DREAMSICLE COOKIE MIX

½ cup orange instant breakfast drink powder
¾ cup sugar
1 ½ cups vanilla chocolate chips
1 ¾ cups flour
½ teaspoon baking soda
½ teaspoon baking powder

Place above ingredients in glass canning jar (layer in order). Empty *Mix* into mixing bowl; stir to combine. Add ½ cup softened butter, 1 egg slightly beaten and 1 teaspoon vanilla. Mix until completely blended. Roll into large walnut size balls, place on greased cookie sheet. Bake at 375 degrees F. for 12-14 minutes.

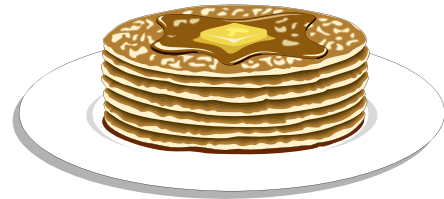
PANCAKE & WAFFLE Basic Batter

2 cups *Multi-Purpose Mix* 1 egg
1 teaspoon sugar 1 cup water*

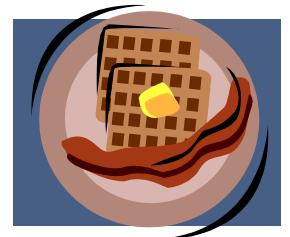
Stir sugar into *Mix*. Beat egg slightly and combine with water. Add liquid to dry ingredients; stir about 25 strokes (batter will not be smooth). Bake cakes on pre-heated griddle; turn when bubbles appear on surface. May be used for waffles also.

Makes 16 cakes or 4 waffles.

**More liquid may be added for thinner batter.*



- ✦ **Bacon Pancakes:** Crumble 3 strips crisp-cooked bacon to *Mix*.
- ✦ **Blueberry Pancakes:** Add 1/2 cup fresh or frozen blueberries (well drained).
- ✦ **Cinnamon Apple Pancakes:** Add 1 cup shredded apples and ½ teaspoon cinnamon.
- ✦ **Strawberry Pancakes:** Add 1/2 cup fresh or frozen strawberries that are well drained and chopped.
- ✦ **Banana Pancakes:** Add 1 cup mashed bananas, bake immediately.
- ✦ **Cornmeal Pancakes:** Substitute 1/2 cup cornmeal for 1/2 cup *Mix* above.
- ✦ **Corn Fritters:** Add 1 cup whole or cream style corn to batter above.
- ✦ **Nutty Pancakes:** Add 1 cup chopped pecans, walnuts or almonds to batter above.
- ✦ **Potato Pancakes:** Combine 2 cups finely grated raw potatoes, 1/4 cup water, 2 well beaten eggs, 1/4 cup *Multi-Purpose Mix* and 1 1/4 tsp. salt. Makes 18.



OTHER GOOD THINGS

APPLE COBBLER

6 tablespoons sugar, divided
2 tablespoons *Multi-Purpose Mix*
1/8 teaspoon cinnamon
1/4 cup water
3 cups thinly-sliced peeled apples
2 teaspoons butter or margarine

Combine 4 tablespoons sugar, *Mix*, cinnamon and water. Pour into glass baking dish (7x12-inch). Add sliced apples; dot with butter.

Make Topping: Add 1 tablespoon sugar to 1 cup *Multi-Purpose Mix*. Add 1 egg and 2 tablespoons water; stir into dry ingredients. Mix thoroughly and spread over fruit in baking dish. Sprinkle with remaining tablespoon of sugar; bake at 350 degrees F. for 30 minutes. Serve warm. Makes 6-8 servings.

PEACH COBBLER

1/2 cup peach juice
1 teaspoon lemon juice
2 tablespoons sugar
2 tablespoons *Multi-Purpose Mix*
1/8 teaspoon salt
1 1/2 cups peaches, sliced
1 tablespoon butter or margarine

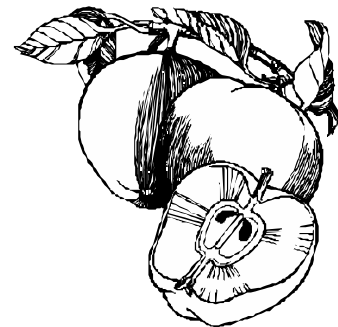
Combine juices, sugar, *Mix* and salt. Pour into baking dish (7x12-inch). Add peaches; dot with butter.

Make Topping: Combine 1 cup *Multi-Purpose Mix*, 2 tablespoons sugar, 1 beaten egg and 2 tablespoons peach juice. Place on top of peaches. Bake at 350 degrees F. for 30 minutes. Serve warm. Makes 6-8 servings.



APPLE FRITTERS

2 cups *Multi-Purpose Mix*
1 tablespoon sugar
1 egg, beaten
2 cups chopped peeled apples
1 tablespoon lemon juice
1/3 cup water



Add sugar to *Mix*. Combine egg, apples, lemon juice and water; add to *Mix* and combine well. Drop by teaspoonfuls into hot fat; cook about 1 1/2 minutes on each side. Makes 24.

APPLE/PEACH CRISP

4 cups apples or peaches, sliced and peeled
2 teaspoons water
1/3 cup sugar
1 1/4 cups *Multi-Purpose Mix*
1/2 cup sugar
1/2 teaspoon cinnamon
1 egg, beaten well
1/4 cup butter or margarine, melted

Place fruit in 8-inch square baking pan; sprinkle with water and sugar. Combine *Mix*, sugar and cinnamon; slowly pour egg on top, stirring until mixture is crumbly. Sprinkle over top of fruit; pour butter on top. Bake at 400 degrees F. for 25 minutes.

FAST PIE DOUGH

1 cup *Multi-Purpose Mix*
1/4 cup butter or margarine
3 tablespoons boiling water

Place *Mix* and butter in bowl; add boiling water and stir vigorously with fork until dough forms into a ball. Dough will be puffy and soft. With fingers and heel of hand, pat evenly into 9-inch pie pan with dough forming a fluted edge. Bake at 450 degrees F. for 8-10 minutes.

" M A G I C " M I X

4 cups instant nonfat dry milk
1 cup flour or 1/2 cup cornstarch

1 cup butter or margarine



Combine the dry milk, flour and margarine in a large bowl; mix until it looks like cornmeal. Store in refrigerator until ready for use.

CLAM CHOWDER

1 teaspoon margarine
1/2 cup onion, chopped
1/2 cup celery, diced
3 potatoes, diced
4 cups water
2 cups *Magic Mix*
1 teaspoon chicken bouillon granules
1 can minced clams
Salt and pepper to taste

Cook potatoes in small amount of water; drain and set aside. Sauté onion and celery in margarine. Place 4 cups water, bouillon and *Magic Mix* in saucepan; stir and simmer until thickened. Add the rest of the ingredients; heat and serve.

TOMATO SOUP

1 quart canned tomatoes
2 tablespoons margarine
1/2 cup onion, diced
1/2 cup celery, diced
1 cup *Magic Mix*
1/2 bay leaf
Salt and pepper to taste



Sauté onion and celery in margarine. Mash tomatoes; add to onion mixture. Add *Magic Mix* and bay leaf; mix well. Stir over medium heat until slightly thick; remove bay leaf. Add seasonings; serves 4.

WHIPPED POTATOES: Wash, peel and cube 4-6 potatoes; cook in boiling water until tender. Drain reserving 3/4 cup potato water. Add 1/2 cup *Magic Mix*, and reserved water to potatoes; whip until smooth.

CREAMED POTATOES AND PEAS

3 medium potatoes
2 1/2 cups water
1/2 cup frozen peas
1 1/2 cups *Magic Mix*
1/8 teaspoon pepper
1/2 teaspoon seasoned salt



Peel and cube potatoes; boil in water until almost tender. Add frozen peas; cook 2 minutes longer. Add *Magic Mix*, pepper and salt; stir over medium heat until thickened.

AU GRATIN POTATOES

4-5 medium potatoes	1/4 teaspoon parsley
1 1/2 cups <i>Magic Mix</i>	1/4 teaspoon onion salt
2 cups water	1/4 teaspoon garlic powder
1 chicken bouillon cube	1 cup cheddar cheese

Boil potatoes in jacket until barely tender. Peel and slice or coarsely grate. In a saucepan, combine *Magic Mix*, water and bouillon; bring to boil. Add parsley, onion salt and grated cheese; stir until cheese melts. Mix with potatoes; pour in greased 9x12" baking dish. Top with buttered bread crumbs. Bake at 375 degrees F. for 35 minutes. Serves 4-6.

MACARONI CASSEROLE

1 can cream mushroom soup	1/2 cup frozen peas
1 cup <i>Magic Mix</i>	4 C. cooked macaroni
2 cups water	1/4 teaspoon salt
6 ounces tuna	1/8 teaspoon pepper

Add soup, *Magic Mix* and water to large skillet; stir over medium heat until smooth and thick. Add drained tuna, peas, macaroni, salt and pepper. Spoon into 9x12" baking dish; sprinkle with paprika. Bake at 325 degrees F. for 20-30 minutes.

" C R E A M " S O U P M I X

2 cups powdered nonfat milk
¾ cup cornstarch
¼ cup instant chicken bouillon
2 tablespoons dried onion flakes

1 teaspoon basil leaves
1 teaspoon thyme leaves
½ teaspoon pepper



Combine all ingredients, mixing well. Store in air-tight container until ready to use. Yield: 9 cans

CREAM OF CHICKEN SOUP

Combine ⅓ cup of *Cream Soup Mix* with 1 ¼ cups of cold water in saucepan. Cook and stir until thickened. Add to casserole as you would the canned product. **Equals 1 can of soup*

CREAM OF MUSHROOM SOUP

Add a 4 oz. can of mushrooms, undrained, as part of liquid in *Cream of Chicken Soup* above for cream of mushroom (10% fat). **Equals 1 can of soup*

CHEESE SAUCE

Add 1/2-1 cup shredded cheese after *Cream of Chicken Soup* mixture thickens; stir until cheese melts.

CURRY SAUCE

Add 1 teaspoon curry powder to thickened *Cream of Chicken Soup* mixture.

EASTERN CORN CHOWDER

5 slices bacon, cooked crisp
1 medium onion, thinly sliced
2 medium potatoes, diced
2 cups milk
1 cup *Cream Soup Mix*
1 can (17 oz) cream-style corn
1 teaspoon salt
Dash pepper



Sauté onion until light brown; add potatoes and enough water to cover. Cook over medium heat 10-15 minutes until potatoes are tender. Combine milk and *Mix* in a small saucepan; cook over low heat until thickened. Stir in corn, salt and pepper; add to potato mixture and heat for 10 minutes. Top with bacon.

BEAN SOUP MIX

2 cups yellow split peas 1 ½ tsp. ground cumin
2 cups green split peas 1 tsp. marjoram leaves
2 cups lima beans 1 ½ tsp. garlic powder
2 cups pinto beans 1 tsp. onion salt
2 cups northern beans ¼ tsp. pepper
1 cup instant minced onions

Combine all beans in a large jar with screw top lid. Place onions and remaining ingredients in a small plastic bag; place on top of beans in jar. Seal jar and store in cool dry place. Makes **6 batches** of soup.

To Make: Combine 8 cups water and 1 batch of *Hearty Bean Soup Mix*; boil over high heat for 2 minutes. Cover and let stand for 1 hour. Add 1 cup chopped carrots, 1 cup chopped celery, 12 chopped sun-dried tomatoes, and 1 ham bone. Heat to boiling; cover and simmer for 2 hours or until beans are tender. Skim fat and remove ham bone. Remove meat from bone and return to soup. Serves 6.

POTATO SOUP (in a cup)

1 ½ cup instant potato flakes
1 cup powdered coffee creamer
1 ounce chicken gravy mix
1 tablespoon dried parsley flakes
2 tablespoons grated Parmesan
1 tsp. salt free seasoning blend
½ teaspoon dried minced onion
Salt and pepper to taste

Mix all ingredients well with a whisk. Place 5 tablespoons *Mix* into plastic bags. Makes 5 packets.

To Make: Empty 1 soup packet into a cup. Add 1 scant cup water; stir well. Microwave on High 1 ½ minutes; stir. Cover and let stand 3 minutes.

SEASON SPICE MIXES

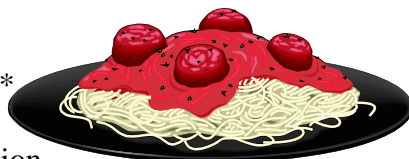
CHILI SEASONING*

3 tablespoons flour
2 tablespoons instant minced onion
1 ½ teaspoons chili powder
1 teaspoon salt
½ teaspoon crushed dried red pepper
½ teaspoon instant minced garlic
½ teaspoon sugar
½ teaspoon cumin

Brown 1 pound ground beef; drain. Combine above ingredients; add 2 cups tomato juice and a 15 oz can undrained kidney beans. Bring to a boil, cover and reduce heat. Simmer 10 minutes; stirring occasionally. Serves 4.

SPAGHETTI SAUCE*

1 tablespoon minced onion
1 tablespoon parsley flakes
1 tablespoon cornstarch
2 teaspoons green pepper flakes
1 ½ teaspoons salt
½ teaspoon instant minced garlic
1 teaspoon sugar
¾ teaspoon Italian seasoning



Combine all ingredients in medium saucepan. Add 1 cup tomato sauce and 1 ½ cups water; mix well. Bring to a boil, cover and reduce heat. Simmer 15 minutes; stirring occasionally. Serves 4.

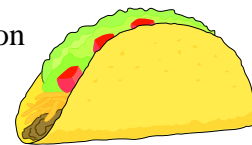
PIZZA SAUCE*

1 tablespoon minced onion ¼ teaspoon salt
¼ teaspoon garlic powder ½ teaspoon sugar
½ teaspoon Italian seasoning

Combine all ingredients; add 1 cup tomato sauce. Mix well; spread over pizza dough. Top with cheese, meats and vegetables. Bake at 375 degrees F. for 15-20 minutes. Makes 2 medium pizzas.

TACO*

2 teaspoons instant minced onion
1 teaspoon salt
1 teaspoon chili powder
½ teaspoon cornstarch
½ teaspoon crushed dried red pepper
½ teaspoon instant minced garlic
¼ teaspoon dried oregano leaves
½ teaspoon ground cumin



Brown 1 pound ground beef; drain. Combine above ingredients; add ¾ cup water. Bring to a boil; reduce heat. Simmer for 15 minutes; stirring occasionally. Serves 10-12.

SLOPPY JOE SEASONING*

1 T instant minced onion ½ tsp. garlic powder
1 tsp. green pepper flakes ¼ tsp. dry mustard
1 teaspoon salt ¼ tsp. celery seeds
1 teaspoon cornstarch ¼ tsp. chili powder

Brown 1 pound ground beef; drain. Combine above ingredients; add 1 cup tomato sauce and ¾ cup water. Bring to a boil; reduce heat. Simmer 10 minutes; stirring occasionally. Serves 6.

****Combine all ingredients; place on foil; seal well. Makes 1 package. Repeat recipe to make as many packages as are desired. Can be added to sour cream or any base for dip.***

PIZZA CRUST

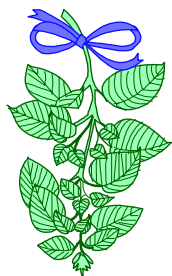
1 cup Multi-Purpose Mix
¼ cup water



Mix as for biscuit dough. Roll in circle about 1/4-inch thick; place on greased baking sheet. Add your favorite toppings; bake at 425 degrees F. for 12-15 minutes.

M I X E S, Miscellaneous

THAI BLEND



½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon ground cumin
1 teaspoon ground coriander
¼ teaspoon ground red pepper
½ teaspoon ground ginger
⅛ teaspoon ground cinnamon

MEXICAN BLEND



½ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon ground cumin
½ teaspoon ground coriander
¼ teaspoon ground red pepper
½ teaspoon chili powder
½ teaspoon cilantro



MEDITERRANEAN BLEND



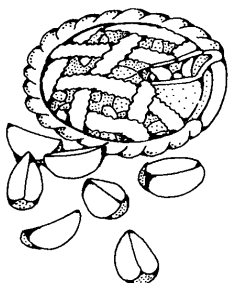
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon ground cumin
1 teaspoon ground coriander
⅛ teaspoon red pepper
1 teaspoon oregano leaves
½ teaspoon thyme leaves

PUMPKIN PIE SPICE (1 teaspoon)

½ teaspoon cinnamon
⅛ teaspoon allspice
¼ teaspoon ginger
⅛ teaspoon nutmeg

APPLE PIE SPICE (1 teaspoon)

½ teaspoon cinnamon
⅛ teaspoon cardamom
½ teaspoon cinnamon



BUTTERMILK HOME-STYLE DRESSING

2 teaspoons instant minced onion
½ teaspoon salt
⅛ teaspoon garlic powder
½ teaspoon monosodium glutamate
1 tablespoon parsley flakes

Combine all ingredients; mix well. Put in moisture proof package; label and store in a cool, dry place. (Stores for 6 months)

To Make Dip:

Substitute sour cream for buttermilk; chill.

To Make Dressing:

Add 1 cup mayonnaise and 1 cup buttermilk; combine and chill before serving. Makes 2 cups.



CRISP COATING MIX

4-5 cups cornflake crumbs (18 oz box)	½ tsp. onion powder
1 tablespoon parsley flakes	1 tsp. dry mustard
1 teaspoon celery salt	½ teaspoon salt
1 tablespoon paprika	¼ teaspoon pepper

Mix all ingredients together; store in airtight container. Makes 4-5 cups.

To Use: Dip meat into milk, then into coating mix. Bake or fry. May use on chicken, fish, beef or pork.

SEASONED COATING MIX

2 cups fine bread crumbs	2 tsp poultry seasoning
½ cup flour	1 teaspoon pepper
4 teaspoons salt	½ cup shortening
4 teaspoons paprika	

Combine bread crumbs, flour, salt, paprika, poultry seasoning and pepper in bowl; mix thoroughly. Cut in shortening until mixture resembles coarse crumbs. Place in covered container; store in cool place. Makes 4 ½ cups.

**Place cut-up fryer and mix in plastic bag; shake until covered. Bake at 350 degrees F. until tender.*

EGG SUBSTITUTE MIX

1 cup water 1 teaspoon salt
1 cup nonfat dry milk 6 drops yellow food
16 large egg whites coloring

Combine all ingredients in blender; mix well.
Stores up to one week in refrigerator (also freezes well). * $\frac{1}{4}$ cup = 1 egg

SAUCEPAN STUFFING

1 tablespoon dried celery flakes
2 teaspoons dried minced onion
2 teaspoons dried parsley leaves
1 teaspoon chicken bouillon
1 teaspoon poultry seasoning
 $\frac{1}{8}$ teaspoon pepper
1 $\frac{1}{4}$ cups water
3 tablespoons butter or margarine
4 cups dried bread cubes

Combine celery, onion, parsley, bouillon, sage and pepper in small mixing bowl. Add water and butter; place in saucepan and bring to a boil. Simmer for 5 minutes; stir in bread cubes. Cook over low heat 1-2 minutes until liquid is absorbed; cover and remove from heat.

CHICKEN FLAVORED RICE MIX

4 cups uncooked long grain rice
4 tablespoons instant chicken bouillon
1 teaspoon salt
2 teaspoons dried tarragon
2 teaspoons dried parsley flakes
 $\frac{1}{4}$ teaspoon white pepper



Combine all ingredients; store in airtight containers in cool, dry place. (Stores 6-8 months). Makes about 4 cups dry mix.

To Make: Combine 1 $\frac{1}{3}$ cups *Chicken flavored Rice Mix*, 2 cups cold water and 1 tablespoon butter in medium saucepan. Bring to boil over high heat; cover and simmer for 15-25 minutes. Serves 4-6.

DRINKS

CAMPER'S HOT CHOCOLATE MIX

10 $\frac{2}{3}$ cups instant nonfat dry milk
6 oz. powdered non-dairy creamer
2 cups powdered sugar
16 oz. can instant chocolate drink mix



Combine all ingredients; mix well. Store in airtight container in cool, dry place (stores 6 months). Makes about 17 cups mix.

To Make: Add 3 tablespoons *Mix* and 1 cup hot water; stir to dissolve.

INSTANT COCOA MIX

1 lb. nonfat dry milk $\frac{1}{4}$ teaspoon salt
1 cup sugar $\frac{3}{4}$ cup unsweetened cocoa
4 cups miniature marshmallows

Sift dry milk, sugar, cocoa and salt together twice; add marshmallows. Store in covered container.

To Make: Put $\frac{1}{3}$ cup *Cocoa Mix* into mug; add hot water to fill and stir well.

ORANGE FLOAT MIX

4 cups instant dry milk 2 cups powdered
1 cup sugar orange drink mix

Combine ingredients; mix well. Store in airtight containers in cool, dry place (stores 6 months). Makes 7 cups.

To Make: Put 8 ounces water in blender; add 1 pasteurized egg substitute and $\frac{1}{2}$ cup *Float Mix*. Blend well; add 2-3 ice cubes until thick.

RUSSIAN TEA MIX

2 parts pre-sweetened orange drink mix (dry)
1 part pre-sweetened lemon drink mix
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{8}$ teaspoon allspice

Combine all ingredients; mix well. May be served hot or cold. **To Make:** Add 2 tablespoons *Mix* and 1 cup water; combine well.

No Sugar M I X E S

INSTANT COCOA MIX

2 cups nonfat dry milk powder
½ cup lower-fat powdered
nondairy creamer
½ cup unsweetened cocoa powder
1 tablespoon sugar replacement (Equal/Splenda)
¾ teaspoon ground cinnamon (optional)



For cocoa mix, stir together milk powder, nondairy creamer, cocoa powder, sugar replacement and, if desired, cinnamon. Cover and store in an airtight container. Makes 2 2/3 cups mix (enough for 8 six-ounce servings).

To Make: For each serving, in a heat-proof mug add ¾ cup boiling water to ⅓ cup cocoa mix; stir to dissolve.

Variation: For a delicious mocha-flavored variation of *Instant Cocoa Mix*, prepare as directed, except decrease the cocoa powder to ⅓ cup and add ¼ cup instant coffee crystals.

CREAM CHEESE FUDGE

1 package (8 oz) cream cheese, softened
4 cups sifted powdered sugar*
4 squares unsweetened baking chocolate, melted
½ cup chopped walnuts
1 teaspoon vanilla

Beat cream cheese in large bowl with electric mixer on medium speed until creamy. Gradually add sugar, beating until well blended. Add melted chocolate, walnuts and vanilla; mix well. Spread into greased 8-inch square pan. Refrigerate several hours or until firm. Cut into 1-inch squares to serve.

*Powdered Sugar

2 cups dry milk powder
2 cups cornstarch
1 cup granulated sugar replacement

Combine all ingredients in blender. Whip until well blended and powdered. Makes 4 cups.

WHOLE WHEAT BAKING MIX

4 cups flour 2 teaspoons salt
4 cups wheat flour 1 ½ cups nonfat dry milk
¼ cup baking powder 1 ¾ cups shortening

Stir dry ingredients together until well mixed. Cut in the shortening until well blended. Place in a airtight container. Refrigerate (use within 1 month), or may freeze (use within 3 months). Makes about 10 cups.

k Whole Wheat Bread: Beat 1 egg slightly with 1 ¼ cups water in a large bowl. Stir in 4 ½ cups *Whole Wheat Baking Mix* just until dry ingredients are moistened. Turn into a greased 9 x 5-inch loaf pan; bake at 350 degrees F for 50 minutes, or until a skewer inserted in center comes out clean. Let stand in pan on wire rack about 5 minutes; loosen sides with spatula and turn, right side up, on rack. Cool thoroughly before slicing.



k Whole Wheat Muffins: Prepare batter as for *Whole Wheat Bread*. Spoon into greased medium-size muffin cups, filling two-thirds full. Bake in a preheated 400 degree F oven for 15 to 20 minutes. Makes 18.

k Whole Wheat Pancakes: Beat 1 egg slightly with 1 cup water in a bowl. Stir in 2 ¼ cups *Whole Wheat Baking Mix* just until dry ingredients are moistened. Drop by mixing spoonfuls onto a well-greased griddle and bake over medium heat until browned on both sides and done. Turn carefully because cakes are tender. Makes about 15 (3-inch) pancakes.

k Whole Wheat Coffeecake: Beat 1 egg slightly with ½ cup water in a bowl; stir in 2 ¼ cups *Whole Wheat Baking Mix* and ½ cup raisins just until dry ingredients are moistened. Spread evenly in a greased 13 x 9-inch baking pan. Sprinkle with crumb topping and bake in a preheated 400 degrees F. oven about 25 minutes.

MULTIGRAIN PANCAKE MIX

5 cups whole wheat pastry flour	1 tablespoon salt
3 cups corn flour	4 T. baking powder
¾ cup rye flour	1 T. baking soda
¾ cup brown rice flour	1 C. wheat germ
1 cup yellow cornmeal	1 cup oat bran
1 cup powdered buttermilk	½ cup flax seed meal
1 ½ cups sugar replacement	

Measure all the ingredients into a large mixing bowl. Mix thoroughly with a whisk or large spoon. Divide into 10 portions of 1 ½ cups each.

To Make: Mix 1 egg, ¾ cup water, 1-2 tablespoons melted butter and 1 teaspoon vanilla; add 1 ½ cups *Multigrain Pancake Mix*. Stir until blended; cook until lightly browned on both sides.

CHERRY ANGEL CREAM CAKE

1 prepared round angel food cake, frozen
1 can (12 oz) sweetened condensed milk*
1 cup cold water
1 teaspoon almond extract
1 package sugar-free vanilla instant pudding mix
2 cups whipping cream, whipped*
2 cups cherries, drained

Cut cake into slices (¼-inch thick); arrange half the slices on bottom of 13x9-inch baking dish. Combine sweetened condensed milk, water and extract; mix well. Add pudding mix; beat well. Chill 5 minutes. Fold in whipped cream. Spread half the cream mixture over cake slices; top evenly with cherries. Top with remaining cake slices, cream mixture and remaining cherries. Chill 4 hours or until set. Cut into squares to serve. Refrigerate leftovers.

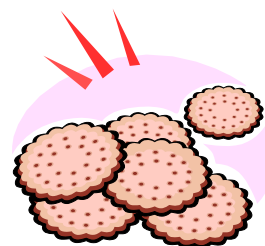
* Sweetened Condensed Milk

½ cup cold water	½ cup sugar replacement
1 ⅓ cup nonfat dry milk	

Place cold water in a 2-cup glass measuring cup. Stir in dry milk powder until mixture makes a smooth paste. Cover and microwave on High (100%) for 45 to 60 seconds or until mixture is hot, but not to the boiling point. Stir in sugar replacement; mix well to combine. Cover and refrigerate for at least 2 hours before using. Makes 12 ounces (1 can).

CINNAMON COOKIE MIX

5 teaspoons granulated sugar replacement
1 teaspoon cinnamon
1 ½ cups flour
½ teaspoon baking soda
¼ teaspoon salt



Combine all ingredients; store in airtight bag or jar.

To Make: Combine 2 beaten eggs, 2 tablespoons water and Mix above. Drop by spoonfuls onto non-stick cookie sheet. Bake at 375 degrees for 10-12 minutes.

RICE PUDDING MIX

1 cup instant dry milk	¼ teaspoon cinnamon
¼ cup granular sugar replacement	⅓ cup long grain rice uncooked
2 teaspoons vanilla	1 pinch salt

Combine all ingredients; stores for 3 months.

To Make: Combine dry milk and 3 cups water; add sugar replacement and 2 teaspoons vanilla into a medium saucepan. Bring to a boil; add rest of *Mix*. Cover and cook over low heat 30 minutes or until most of the milk is absorbed (stir occasionally). Remove saucepan from heat. Set aside. Place ¼ cup raisins and 2 tablespoons orange juice in small microwaveable bowl. Warm in a microwave briefly to plump the raisins; add to pudding. Spoon into dessert dishes; sprinkle with nutmeg. Serve warm or chilled.

* Whipped Cream

⅓ cup instant nonfat dry milk
⅓ cup ice water
½ teaspoon sugar replacement

Chill small glass bowl and beaters. Combine ingredients; whip on high speed with mixer until consistency of whipped cream. Serves 10 (2 tablespoons each).



Sources: Doing It Yourself Mixes, USU Extension
www.cdktichen.com
www.splenda.allrecipes.com
www.nutrisweet.com

CAJUN SEASONING MIX

1 tablespoon paprika, sweet
2 ½ teaspoons salt
1 teaspoon onion powder
1 teaspoon garlic powder
1 teaspoon ground red pepper (cayenne)
¾ teaspoon white pepper
¾ teaspoon black pepper
½ teaspoon dried thyme leaves
½ teaspoon dried oregano leaves

Mix all ingredients well. This seasoning is fantastic when used on not only fish, but chicken and steak as well. Dip the meats in melted butter and then into this mix before cooking.

ENCHILADA SAUCE MIX

1 teaspoon salt	1 can (8 oz) tomato
1 teaspoon chili powder	sauce
½ teaspoon sugar	1 cup water
½ teaspoon ground cumin	
¼ teaspoon oregano	
2 teaspoons minced onion	
1 teaspoon dried chili pepper	
1 tablespoon cornmeal	
½ teaspoon minced garlic	
1 teaspoon paprika	

Mix all dry ingredients; place in plastic bag and seal.
To Make: Combine *Mix* with tomato sauce and water; simmer for 15 to 20 minutes.

SEASON ALL SALT

6 tablespoons salt
5 tablespoons onion powder
5 tablespoons pepper
6 tablespoons accent
5 tablespoons celery salt
6 tablespoons paprika
5 tablespoons garlic powder

Mix all together well. Use to season meat, vegetables, stir-fry, etc.



SPICY TEX-MEX MIX

2 ½ cups lightly salted peanuts
3 cups corn chips
3 cups shredded wheat cereal
2 ½ cups lightly salted pretzels
1 ¼ oz pkg. taco seasoning mix



Combine all ingredients; place in container.

To Make: Add ¼ cup melted butter to *Spicy Mix*; stir until well coated. Makes 11 cups.

FARMHOUSE BUTTERMILK DRESSING MIX

1 ½ tablespoons dried parsley
1 tablespoon salt
1 ½ teaspoon dried chives
1 ½ teaspoon dried oregano
1 ½ teaspoon dried tarragon
1 ½ teaspoon garlic powder
1 ½ teaspoon pepper
1 ½ teaspoon dried cilantro

Combine all ingredients; store in airtight container. Makes 6 tablespoons.

To Make: Combine ½ cup mayonnaise, ½ cup buttermilk and 1 tablespoon *Dressing Mix*.

ITALIAN DRESSING MIX

1 teaspoon dried minced onion
1 tablespoon dried parsley leaves, crushed
¼ teaspoon ground oregano
½ teaspoon dried sweet basil leaves, crushed
¼ teaspoon ground thyme or marjoram
½ teaspoon celery seeds
¼ teaspoon garlic powder
2 tablespoons grated Parmesan cheese
1 ½ teaspoons granulated sugar
⅛ teaspoon salt
1 pinch black pepper

Combine all ingredients in a small bowl, stirring with a whisk or a fork until fully incorporated. Place in the center of a square of aluminum foil. Fold it into a small envelope to create an airtight packet. Label. Store in a cool, dry place. Use within six months. Makes 1 package (4 tablespoons).

SALSA MIX IN A JAR

1 ½ cups dried cilantro
1 teaspoon garlic powder
½ cup dried chopped onion
¼ cup dried red pepper flakes
1 tablespoon salt
1 tablespoon pepper



In a small bowl, combine all ingredients until well blended. Put into a 1-pint jar.

To Make:

- **Spicy Salsa** - Blend 2 tablespoons *Salsa Mix* with 1 can (10 oz) Mexican-style tomatoes.
- **Salsa Spread** - Blend 2 tablespoons *Salsa Mix* with 1 cup softened cream cheese.

SHAKE AND BAKE MIX

4 cups flour	1 tablespoon garlic powder
4 cups finely crushed saltine crackers	1 tablespoon onion powder
¼ cup salt	1 tablespoon pepper
2 tablespoons sugar	3 tablespoons paprika
	¼ cup vegetable oil

Mix all dry ingredients together. Drizzle oil over mixture and mix thoroughly until oil is well distributed and particles are fine. Store mix, refrigerated, in a tightly covered container.

To Make: Preheat oven to 350 degrees F. Rinse chicken or fish; pat dry. Dip into beaten egg, buttermilk, milk, or salad dressing to coat, then dip into *Mix*. Place on baking sheet and bake at 350 degrees F. Bake 20-30 minutes for boneless chicken or fish strips. Bake one hour for bone-in chicken pieces, until meat thermometer reads 160 degrees F.

INSTANT BREAKFAST DRINK MIX

1 box (3 oz) instant vanilla, chocolate or butterscotch pudding
⅓ cup sugar
12 scoops protein powder, optional
6 cups instant dry milk
2 teaspoons vanilla powder

Combine all ingredients; seal in plastic bag or jar.

To Make: Blend 1 cup ice water and one-third cup *Mix*; blend well. * *May add fresh fruit.*

CHICKEN GRAVY MIX

1 ⅓ cups instant nonfat dry milk powder
¾ cup instant blend flour
¼ cup instant chicken bouillon granules
¼ teaspoon dried sage leaves
⅛ teaspoon ground sage
¼ teaspoon dried thyme leaves
⅛ teaspoon pepper
½ cup butter

In medium bowl, combine milk powder, instant flour, bouillon granules, thyme, sage and pepper, and stir with a wire whisk to blend thoroughly. Cut in butter or margarine with pastry blender or two knives until evenly distributed and particles are fine.

To Make: Pour 1 cup cold water into a small saucepan. Stir in ½ cup *Chicken Gravy Mix* into water, using a wire whisk. Cook over medium heat, stirring constantly, until gravy is smooth and thickened, about 3 minutes. Makes about 1 cup.

CHEESE SAUCE MIX RECIPE

⅓ cup dehydrated cheese powder
3 tablespoons nonfat dry milk powder
3 tablespoons dehydrated butter powder or flakes
3 tablespoons flour
¼ teaspoon salt
⅛ teaspoon white pepper
⅛ teaspoon onion powder

Combine all ingredients in a small bowl and mix thoroughly with wire whisk. Store in tightly closed container in the refrigerator.

To Make: Combine 1 cup hot tap water with ½ cup *Cheese Sauce Mix* in a small saucepan over medium heat.

