

What is a Master Mix?

It's a recipe that can be used as a starter to make biscuits, muffins, pancakes, and pizza dough. Use it in place of boxed and store-bought commercially prepared items. Recipes prepared using the Master Mix below as directed can be counted as a whole grain rich food. Making the recipes can also be a fun activity to do with the children!

Master Mix Recipe *(makes 9 cups of mix)*

4 cups all-purpose flour
4 cups quick rolled oats* OR whole wheat flour
1 1/3 cups nonfat dry milk
4 tablespoons baking powder
1 teaspoon salt

1. In large mixing bowl, stir all ingredients until well mixed.
2. Store in closed, covered can or rigid plastic container or sealed heavy plastic bag.
3. Label and date the container. Use within 6 months.
4. Stir lightly before using in recipes.

Whole grains make breads heavier in texture. Using half white flour keeps the breads light in texture. To make the mix 100% whole grain, use 4 cups of whole wheat flour mixed with 4 cups of quick oats.

**To use old-fashioned oats, whirl the oats in a blender about 30 seconds to make smaller flakes.*

Muffins *(makes 12 muffins)*

2 cups Master Mix
½ cup sugar
1 egg
¼ cup vegetable oil
2/3 cup water

1. Preheat oven to 400 °F.
2. Grease 12-cup muffin pan.
3. Mix the Master Mix and sugar in a bowl.
4. Beat the egg with a fork.
5. Add egg, oil, and water to the dry ingredients. Stir just until all ingredients are wet.
6. Spoon in to the prepared muffin pan.
7. Bake 15 minutes or until lightly browned and toothpick comes out clean.

Blueberry or other choice of berries: Gently stir in 1 cup of berries into batter.

Apple Muffins: Add 1 teaspoon cinnamon to dry ingredients. Reduce water to ½ cup. At the end of mixing, gently stir in 1 cup finely chopped apple or 3/4 cup of applesauce.

Drop Biscuits *(makes 10 biscuits)*

2 cups Master Mix
¼ cup vegetable oil
¾ cups water

1. Preheat Oven to 400°F. Lightly grease baking sheet.
2. Add oil and water to the dry mix. Stir just until ingredients are wet.
3. Drop spoonfuls 4 inches apart on baking sheet.
4. Bake 10 – 12 minutes until lightly browned.

Variations – Cheese biscuits: Add to dry ingredients: 1/3 cup grated cheddar heese.

Herb Biscuits: Add dry ingredients: 1 teaspoon of your own Italian herb mix.

Pancakes *(makes about 12 medium sized pancakes)*

2 cups Master Mix
1 cup water
2 Tablespoons vegetable oil
2 eggs, beaten

1. Put all the ingredients in a bowl.
2. Stir just enough to moisten dry ingredients.
3. Preheat skillet on medium-high heat. The skillet is ready when drops of water “dance” on the dry surface. Add a teaspoon vegetable oil or use cooking oil spray. For each pancake, pour 3–4 tablespoons of batter onto hot skillet.
4. Cook slowly until the surface is covered with bubbles. Turn and cook until second side is lightly browned.

Try applesauce or berries on pancakes instead of syrup.

Easy-as-a-Mix Pizza *(makes one 12-inch pizza, 4 servings)*

1 cup Master Mix
2 Tablespoons vegetable oil
1/3 cups water

1. Preheat oven to 425°F. Grease a 12 x 15-inch or larger baking sheet, or 12-inch pizza pan.
2. Measure mix into a bowl. Add oil and water. Stir to form soft dough.
3. Transfer dough onto baking sheet. Sprinkle with flour. Dip fingers in flour and pat dough into a circle about 11 to 12 inches across. Use more flour as needed. Crust will be thin.
4. Spread pizza crust with tomato sauce. Leave about 1/2 inch around edge with no sauce.
5. Top pizza with favorite toppings.
6. Bake 10–12 minutes until edges are brown and cheese is melted and starting to brown.