

# THIS WEEK'S RECIPE

As seen on hdnews.net



## All-Purpose Convenience Mix

### For One or Two

- 4½ cups flour -11
- 1½ teaspoons salt -11
- 1 cup nonfat dry milk -11
- 1/3 cup plus 1 tablespoon canola oil -11
- 2 tablespoons baking powder 11

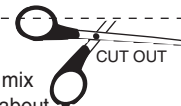
Combine flour, dry milk, baking powder and salt in a large bowl. Stir together. Mix in oil until the mixture is smooth. Store in airtight container. Refrigerate and use within a month or put into containers suitable for freezing and freeze.

### 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



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 ½ cup raisins to batter.
- Date Nut Oatmeal Muffins Add 1/4 cup chopped dates and 1/4 cup chopped nuts to the basic recipe.

### Location of Ingredients (at Vine Street Dillon's)

ITEM	aisle
Flour .....	11
Salt .....	11
Nonfat Dry Milk.....	11
Canola Oil.....	11
Baking Powder .....	11

### Bran Muffins for One or Two

- 1½ cups All-Purpose Convenience Mix for One or Two
  - 1 egg
  - ¼ 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

- 1½ cups All-Purpose Convenience
  - 2 tablespoons sugar
  - ¾ 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.

### Cheese Bread for One or Two

- 1 egg
  - 3¾ cups All-Purpose Convenience Mix
  - 1½ cups water
  - ¾ cup grated natural cheese (cheddar) -Dairy
- Beat egg; add water and stir in Convenience Mix and cheese. Beat until well blended. Pour into greased loaf pan, 9 x 5x 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
  - ¾ 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.

### Muffin for One or Two

- 2½ cups All-Purpose Convenience Mix for One or Two
  - 1/3 cup sugar
  - ¾ cup water
  - 1 egg
- Combine mix and sugar. Beat egg and add water.

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