

Making Your Own Master Mixes... Bread and Rolled Oats

Do you like to save time, money and energy? Preparing mixes for future use when you have little time can make meal preparation quick and easy. The mix featured in this handout uses a common household ingredient – rolled oats – a good source of fiber.

Always use good-quality ingredients and measure carefully when making a mix. To save money, shop for ingredients when they are on sale. Label ingredients with the date of purchase.

Rolled Oats Master Mix

4 cups all-purpose flour
4 cups quick-cooking oats (not instant)
1½ cups nonfat dry milk
¼ cup double-acting baking powder
1½ teaspoons salt
1½ cups shortening

Put all ingredients except shortening in a large plastic container; stir until well blended. Cut in shortening with a fork or pastry blender.

Cover tightly, label with date and refrigerate. This mix will keep one month.

To measure, spoon into cup, tap lightly and level off with a knife.

Yield: 10 cups

Master Bread Mix

(Makes 5 cups; double the recipe for 10 cups of mix.)

4 cups flour (can use equal amounts of all-purpose white flour and whole wheat flour)
1 cup nonfat dry milk powder
2 tablespoons baking powder
½ teaspoon salt
¾ cup vegetable shortening or margarine
(can decrease amount to ½ cup for a lower fat mix)

Stir dry ingredients together. Using two knives or a pastry blender, cut shortening into dry ingredients until well blended.

Store in a tightly covered container in the refrigerator. Use within one month. Stir lightly before using in recipes.

Baking Tips: Preheat oven before baking. Reduce temperature 25° F if you use a glass pan.

Bread products contain B vitamins and iron and provide calories in the form of carbohydrates for energy. Master Bread Mix is high in fat. Serve biscuits, pancakes and cakes with low-fat foods like fruits, vegetables and skim milk for meals and snacks with less fat.

Making Magic Mixes: Oat Muffins and Oat-Raisin Cookies

Oat Muffins

Makes 12 servings

2¼ cups Rolled Oats Master Mix
½ cup raisins or other dried fruit or chopped nuts (optional)
2 tablespoons sugar
⅔ cup water
1 egg, beaten

Put ingredients in bowl and stir just to moisten. Spoon into 12 greased 2½-inch muffin cups. Bake in preheated 425° F oven for 20 minutes.

Per serving: 149 calories
21g carbohydrate
7g fat
1.3g fiber
230mg sodium

Oat-Raisin Cookies

Makes 24 cookies

1 egg beaten
¼ cup water
¾ cup sugar
1 teaspoon vanilla
2½ cups Rolled Oats Master Mix
1 teaspoon cinnamon
½ cup raisins

Beat egg, water, sugar and vanilla. Mix in dry ingredients. Drop by rounded teaspoonfuls onto greased baking sheets. Bake in preheated 375° F oven for 12 to 15 minutes.

Per cookie: 93 calories
14g carbohydrate
3.6g fat
0.7g fiber
115mg sodium

Master Bread Mixes

Pancakes

Makes 6 medium pancakes

1 cup Master Mix
½ cup water
1 egg, beaten

Combine all ingredients; stir just enough to moisten dry ingredients.

Drop by spoonfuls onto a hot greased griddle. (A skillet is hot when drops of water dance on it.) Cook slowly until the surface is covered with bubbles. Turn and cook until second side is well browned.

Biscuits

Makes 12 two-inch biscuits

2 cups Master Mix
⅓ to ½ cup water

Add water to Master Mix, using enough to make dough that is soft but not sticky.

Turn dough onto a lightly floured board and knead a few strokes. Roll or pat ¾-inch thickness. Cut with a biscuit cutter or cut into squares with a knife. Place on an ungreased cookie sheet or in a cake pan.

Bake at 450° F for 10 to 12 minutes.

Add one of these if desired:
⅓ cup grated, sharp cheese or
¼ cup minced, crisp-cooked bacon or
⅓ cup raisins and 1 tablespoon sugar