Hearty Master Mix

Ingredients:

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

Directions:

1. Measure dry ingredients (all but the oil) into a large mixing bowl. Stir them together very well.
2. Add oil and cut it into the dry ingredients with a pastry blender or hand mixer until mixture looks like cornmeal (slightly granular with no large lumps).
3. Put finished Master Mix in an airtight container and store in the refrigerator.

Yields about 60 servings

Source: Submitted by Cayuga County CCE

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1/60 recipe (3.9 ounces)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Recipe</td>
<td>60</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Trans Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>110</td>
<td>4g</td>
<td>0g</td>
<td>0g</td>
<td>0mg</td>
<td>130mg</td>
<td>16g</td>
<td>1g</td>
<td>1g</td>
<td>3g</td>
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</table>

% Daily Value *

<table>
<thead>
<tr>
<th>Vitamin A</th>
<th>0%</th>
<th>Vitamin C</th>
<th>0%</th>
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</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>10%</td>
<td>Iron</td>
<td>6%</td>
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</table>

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2000 | 2,500
Total Fat: Less than | 65g | 80g
Saturated Fat: Less than | 25g | 25g
Cholesterol: Less than | 300mg | 300mg
Sodium: Less than | 2,400mg | 2,400mg
Total Carbohydrate: | 300g | 375g
Dietary Fiber: | 25g | 30g

31.8% calories from fat

Nutrition facts based on a standard recipe using skim milk powder and no sugar.