



Baking Master Mix

Is anything better than fresh baked muffins or warm banana bread? Wouldn't they taste even better if they were made in a fraction of the time? Consider making this **Baking Master Mix** so you can make fresh-baked goods in a snap. The mix uses common ingredients such as flour, baking powder, sugar and salt. This recipe includes white and whole-wheat flour, so it will help make half of your grain choices whole grains.

Use good-quality ingredients and measure carefully. To save money, shop for ingredients when they are on sale. Label ingredients with your date of purchase.

Baking Master Mix

4 c. all-purpose flour	1 ¼ c. margarine, softened
⅓ c. baking powder	1 c. nonfat dry milk
3 Tbsp. sugar	4 c. whole-wheat flour
1 ½ tsp. salt	

Mix white flour, baking powder, sugar and salt in a large bowl. Add margarine and mix. Stir in dry milk. Stir in whole-wheat flour. Store in refrigerator and use within three months.

Yield: 11 cups. Use in the following recipes.

Banana Bread

2 eggs
¼ c. sugar
1 tsp. vanilla extract
½ tsp. baking soda
1 ¼ c. mashed banana (about 3)
¼ c. water
2 ½ c. **Baking Master Mix**

Beat eggs and sugar together in a bowl until well blended. Mix in extract, baking soda, mashed banana and water. Stir in **Baking Master Mix** just until all ingredients are coated. Pour into a greased 9- by 5- by 3-inch loaf pan. Bake in a 350 F oven for 45 to 55 minutes or until brown.

Makes 12 servings. Per serving: 160 calories, 5 grams (g) fat, 4 g protein, 25 g carbohydrate, 2 g fiber and 65 milligrams sodium

Pumpkin Bread

2 eggs, beaten
½ c. sugar
½ tsp. baking soda
1 tsp. cinnamon
½ tsp. nutmeg
¼ tsp. ginger
¼ c. water
1 (15-oz) can pumpkin
2 ½ c. **Baking Master Mix**

Beat eggs and sugar together in a bowl until well blended. Mix in soda, spices, water and pumpkin. Add **Baking Master Mix** and stir until dry ingredients are coated. Pour into a greased 9- by 5- by 3-inch loaf pan. Bake in 350 F for 45 to 55 minutes.

Makes 12 servings. Per serving: 170 calories, 5 grams (g) fat, 4 g protein, 27 g carbohydrate, 2 g fiber and 65 milligrams sodium

Zucchini Bread

2 eggs
⅔ c. brown sugar
½ tsp. baking soda
1 ¼ tsp. cinnamon
1 tsp. vanilla extract
1 ½ c. shredded zucchini
¼ c. water
2 ½ c. **Baking Master Mix**
¼ c. raisins
¼ c. chopped nuts (optional)

Beat eggs and sugar together in a bowl until well blended. Mix in soda, cinnamon, vanilla, zucchini and water. Add **Baking Master Mix** and stir until dry ingredients are coated. Fold in raisins and nuts if desired. Pour into a greased 9- by 5- by 3-inch loaf pan. Bake at 350 F for 45 to 55 minutes or until brown.

Makes 12 servings. Per serving: 180 calories, 5 grams (g) fat, 4 g protein, 31 g carbohydrate, 2 g fiber and 70 milligrams sodium

Brownies



2 eggs
¼ c. water
2 Tbsp. soft margarine
1 tsp. vanilla extract
1 c. sugar
⅓ c. cocoa
1⅓ c. **Baking Master Mix**
½ c. chopped nuts (optional)
½ c. semisweet chocolate chips

Beat eggs, water and margarine together until fluffy. Stir in vanilla, sugar and cocoa. Add **Baking Master Mix** and blend well. Fold in nuts if desired. Spread in a greased 9- by 9- by 2-inch pan. Top with chocolate chips. Bake in 350 F oven for 30 minutes.

Makes 16 bars. Per serving: 160 calories, 6 grams (g) fat, 3 g protein, 25 g carbohydrate, 1 g fiber and 10 milligrams sodium

Peanut Butter Refrigerator Cookies



2 c. **Baking Master Mix**
⅔ c. sugar
1¼ c. peanut butter
2 eggs, beaten
½ tsp. vanilla extract

Combine **Baking Master Mix** and sugar. With a fork, blend in rest of ingredients. Shape into rolls about 1½ inches thick. Wrap in waxed paper and refrigerate until firm or until needed. Slice ¼ inch thick and place on ungreased cookie sheet. Bake at 375 F for 10 to 12 minutes.

Makes 36 servings. Per serving: 100 calories, 5 grams (g) fat, 3 g protein, 12 g carbohydrate, 1 g fiber and 75 milligrams sodium

Muffins



3 c. **Baking Master Mix**
4 Tbsp. sugar
1 egg, beaten
1 c. water
1 tsp. vanilla extract or lemon flavoring

Combine **Baking Master Mix** and sugar in a bowl. Blend egg, water and extract; add to mix and sugar. Stir gently until ingredients are moistened. (See variations for ideas.) Fill paper-lined or greased muffin tins two-thirds full. Top with streusel topping if desired. (See recipe below.)

Bake in a 400 F oven for 20 to 25 minutes.

Makes 12 servings. Per serving: 160 calories, 6 grams (g) fat, 4 g protein, 23 g carbohydrate and 5 milligrams sodium

Variations

Apple: Add ¾ cup chopped, peeled apples and 1 teaspoon cinnamon to muffin batter.

Makes 12 servings. Per serving: 160 calories, 6 grams (g) fat, 4 g protein, 24 g carbohydrate and 5 milligrams sodium

Chocolate Chip Bran: Reduce mix to 2½ cups and add ½ cup unprocessed bran flakes to dry ingredients. Add ½ cup semisweet mini chocolate chips to batter.

Makes 12 servings. Per serving: 170 calories, 7 grams (g) fat, 4 g protein, 26 g carbohydrate and 20 milligrams sodium

Blueberry: Add ½ cup drained, canned, fresh or frozen (defrosted) blueberries to batter.

Makes 12 servings. Per serving: 160 calories, 6 grams (g) fat, 4 g protein, 23 g carbohydrate and 5 milligrams sodium

White Chocolate Cranberry: Add ¼ cup dried cranberries and ¼ cup white chocolate chips to the batter.

Makes 12 servings. Per serving: 180 calories, 7 grams (g) fat, 4 g protein, 27 g carbohydrate and 10 milligrams sodium

Streusel Topping – Optional

¾ c. sugar
¾ c. all-purpose flour
1 Tbsp. water
1½ tsp. cinnamon
¼ c. butter

Mix ingredients together until crumbly. Keep in refrigerator for up to two weeks.

Makes about 90 servings. Per serving: 15 calories, 0 g fat, 2 g carbohydrate and 0 milligrams sodium

1 serving = 1 tsp.
Use 1 tsp. per muffin.

For more information about nutrition and food safety, visit www.ag.ndsu.edu/food.

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