

# Master Mix

## Ingredients

Makes 10-12 cups

4 cups all purpose flour



4 cups whole wheat flour



1 1/3 cups non-fat dry milk



1/4 cup baking powder



1 teaspoon salt

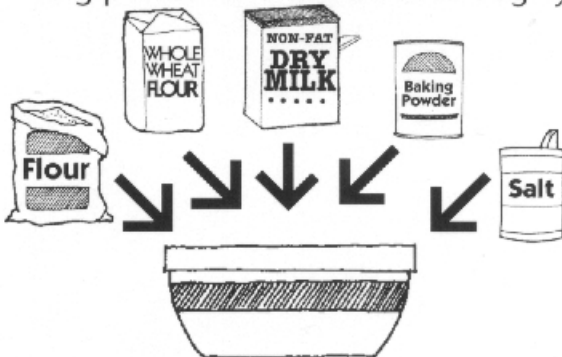


1 1/2 cups shortening

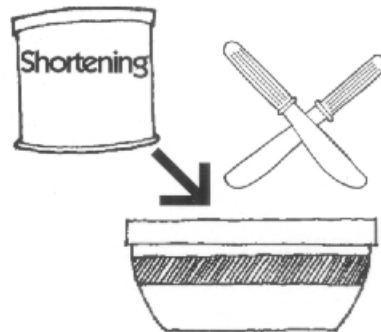


To use oil instead of shortening, mix dry ingredients together. Omit the shortening. Add oil when using in recipes. Add 2 tablespoons of oil for every cup of Master Mix in the recipe. For best quality, use all of the mix within a month.

**1** In a large bowl, combine all-purpose flour, whole wheat flour, dry milk, baking powder and salt. Mix thoroughly.



**2** Cut in shortening with pastry blender or two knives until mixture looks like coarse cornmeal.



**3** Store in covered containers at room temperature or in the refrigerator, if you use shortening.



Eat foods with Master Mix for:

**B**  
VITAMINS Turns food into energy.

**IRON** Makes red blood.

**Carbohydrates** Gives energy.

**Fiber** Prevents constipation.



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Recipe Source: Oregon EFNEP Curriculum.

Original format created by Janice Smiley, MPA, Extension Educator, Adult and 4-H Nutrition, Multnomah County.

Adapted and translated for use with Spanish speaking audiences by Lynn Myers Steele, MPH, Extension Educator, and Nutrition Assistants, Oregon Family Nutrition Program (OFNP), Hispanic Office, Multnomah County, 1994.

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