

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 1/₃ c. baking powder 3 Tbsp. sugar 1½ tsp. salt

11/4 c. margarine, softened 1 c. nonfat dry milk

4 c. whole-wheat flour

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



1 tsp. vanilla extract ½ tsp. baking soda

11/4 c. mashed banana (about 3)

14 c. water

21/2 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

2½ 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

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²/₃ c. brown sugar

½ tsp. baking soda

11/4 tsp. cinnamon

1 tsp. vanilla extract

1½ c. shredded zucchini

1/4 c. water

21/2 c. Baking Master Mix

1/4 c. raisins

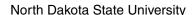
1/4 c. chopped nuts (optional)

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



EXTENSION



Brownies



2 eggs

1/4 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

% 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



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

34 c. all-purpose flour

1 Tbsp. water

1½ tsp. cinnamon

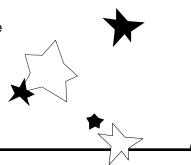
1/4 c. butter

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**. Julie Garden-Robinson, Ph.D., R.D., L.R.D., food and nutrition specialist

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