



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Master Mix\*

- 4 cups unsifted enriched flour
- 3¾ cups unsifted, whole-wheat flour
- ¼ cup baking powder
- 3 tablespoons sugar
- 1 tablespoon iodized salt
- 1⅓ cups nonfat dry milk powder
- 1 cup canola oil

1. In larger bowl, combine flours, baking powder, sugar, salt, and dry milk powder.
2. Drizzle oil over dry mixture; cut in with pastry blender, fork or fingers until it resembles coarse cornmeal.
3. Store in covered container in refrigerator.

**YIELD:** Approximately 10 cups. Keeps about 3 months in refrigerator.

**NOTE:** To measure MIX for recipes, stir lightly, pile into cup (do not shake), and level off.

Variations:

**White Flour Master Mix:** use 8 cups white flour; or 6 cups white flour and 2 cups whole wheat flour.

**Low-altitude** (less than 2,000 feet) increase baking powder to ⅓ cup.

<b>Nutrition Facts</b>	
Serving Size: 1/4 cup (34g)	
Servings: 40	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 50
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 2g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

\*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible) for more information.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: [www.uwyo.edu/centsible](http://www.uwyo.edu/centsible)

USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.