

BETTER BAKING MIX

Biscuits, Muffins,
Pancakes, Cookies,
and Pizza

Better Baking
Mix recipes are
easy for children,
with adult
supervision.

Better Baking Mix

Makes 9 cups of mix

4 cups all-purpose flour
4 cups quick rolled oats* *OR* whole wheat flour
1¹/₃ cups nonfat dry milk
4 tablespoons baking powder
1 teaspoon salt

1. In large mixing bowl, stir all ingredients until well mixed.
2. Store in closed, covered can or rigid plastic container or sealed heavy plastic bag.
3. Label and date the container. Use within 6 months.
4. Stir lightly before using in recipes.

*To use old-fashioned oats, whirl the oats in a blender about 30 seconds to make smaller flakes.

NOTE

What makes this a better baking mix? It uses whole grains, and the recipes use oil instead of solid fat. Whole grains make breads heavier in texture. Using half white flour keeps the breads light in texture. To make the mix 100% whole grains, use 4 cups whole wheat flour mixed with 4 cups of quick oats.

Tips for Baking Success

Dry ingredients

- Use standard measuring cups. A set includes 1 cup, 1/2 cup, 1/3 cup, and 1/4 cup.
- Ingredients are measured to the top of the cup and leveled off with a spatula.
- Never pack dry ingredients when measuring, except for brown sugar.
- Stir flour lightly. Spoon into measuring cup. Level cup with a spatula or knife.
- Use standard measuring spoons. Sets include 1 tablespoon, 1 teaspoon, 1/2 teaspoon, and 1/4 teaspoon. Dip spoon into dry ingredient and level with a straight edge.

Liquid ingredients

- Use a standard liquid measuring cup. Liquid measuring cups are clear glass or plastic with cup sizes marked on the side.
- With the cup sitting flat, read the cup size at eye level.

Oven and pans

- Place baking pans on rack in center of oven.
- Check for doneness after shortest baking time on recipe.
- Dark pans brown and cook quicker than shiny pans.
- Reduce oven temperature by 25°F for glass pans.
- When recipe says to grease pan, cooking oil spray can be used instead.



Biscuit Ideas

Herb biscuits: Add to dry ingredients: 1 teaspoon Italian herb mix.

Cheese biscuits: Add to dry ingredients: $\frac{1}{3}$ cup grated, sharp cheese. *Calories per biscuit: 150.*

Fruit scones: Add to the dry ingredients: $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup raisins or dried cranberries, 1 teaspoon cinnamon, or the grated rind of an orange or lemon. Reduce water to $\frac{2}{3}$ cup. *Calories per scone: 170.*

Muffin Ideas

Blueberry muffins: Gently stir 1 cup fresh or frozen blueberries into batter.

Apple muffins: Add 1 teaspoon cinnamon to the dry ingredients. Reduce water to $\frac{1}{2}$ cup. At the end of mixing, gently stir in 1 cup finely chopped fresh apple.

Drop Biscuits

Makes 10 biscuits

2 cups Better Baking Mix
 $\frac{1}{4}$ cup vegetable oil
 $\frac{3}{4}$ cup water

1. Preheat oven to 400°F. Lightly grease baking sheet.
2. Add oil and water to the dry mix. Stir just until all ingredients are wet.
3. Drop spoonfuls 4 inches apart on baking sheet.
4. Bake 10–12 minutes until lightly browned.

Nutrition Facts per biscuit: 130 calories, calories from fat: 60, total fat 6 g, saturated fat 0.5 g, trans fat 0 g, cholesterol 0 mg, sodium 190 mg, total carbohydrate 16 g, fiber 1 g, sugars 1 g, protein 3 g. Daily Value: vitamin A 0%, vitamin C 0%, calcium 10%, iron 6%.

Muffins

Makes 12 muffins

2 cups Better Baking Mix
 $\frac{1}{2}$ cup sugar
1 egg
 $\frac{1}{4}$ cup vegetable oil
 $\frac{2}{3}$ cup water

1. Preheat oven to 400°F.
2. Grease 12-cup muffin pan.
3. Mix the Baking Mix and sugar in a bowl.
4. Beat egg with a fork.
5. Add egg, oil, and water to dry ingredients. Stir just until all ingredients are wet.
6. Spoon into the prepared muffin pan.
7. Bake 15 minutes or until lightly browned and toothpick comes out clean.

Nutrition Facts per muffin: 150 calories, calories from fat: 50, total fat 6 g, saturated fat 0.5 g, trans fat 0 g, cholesterol 20 mg, sodium 170 mg, total carbohydrate 21 g, fiber 1 g, sugars 9 g, protein 3 g. Daily Value: vitamin A 2%, vitamin C 0%, calcium 9%, iron 4%.





Pancake Idea

Try applesauce or other fruit on pancakes instead of syrup.

Calories

“Extra calories” are in syrup and butter on pancakes and the fat and sugar in cookies. In moderation, they can be part of a healthy diet for healthy, active people.



Pancakes

Makes about 12 medium-sized pancakes

2 cups Better Baking Mix
1 cup water
2 tablespoons vegetable oil
2 eggs, beaten

1. Put all the ingredients in a bowl.
2. Stir just enough to moisten dry ingredients.
3. Preheat skillet on medium-high heat. The skillet is ready when drops of water “dance” on the dry surface. Add a teaspoon vegetable oil or use cooking oil spray. For each pancake, pour 3–4 tablespoons of batter onto hot skillet.
4. Cook slowly until the surface is covered with bubbles. Turn and cook until second side is lightly browned.

Nutrition Facts per pancake: 100 calories, calories from fat: 35, total fat 3.5 g, saturated fat 0.5 g, trans fat 0 g, cholesterol 35 mg, sodium 170 mg, total carbohydrate 13 g, fiber 1 g, sugars 1 g, protein 4 g. Daily Value: vitamin A 2%, vitamin C 0%, calcium 10%, iron 6%.

Sugar and Spice Cookies

Makes about 18 crisp and chewy cookies

1 cup Better Baking Mix
 $\frac{1}{2}$ cup brown sugar, packed, or white sugar
1 teaspoon cinnamon
 $\frac{1}{3}$ cup raisins, *optional*
 $\frac{1}{4}$ cup vegetable oil
1 egg
 $\frac{1}{2}$ teaspoon vanilla

1. Preheat oven to 350°F. Lightly grease baking sheet.
2. In a mixing bowl, combine baking mix, sugar, spice, and raisins, *optional*. Stir to mix.
3. Put oil, egg, and vanilla in small bowl. Beat with a fork to mix.
4. Add oil and egg mix to the dry ingredients.
5. Stir to combine. Dough will be thick.
6. Measure level tablespoons of dough. Drop on cookie sheet about 2 inches apart. Dough will spread into cookies $2\frac{1}{2}$ to 3 inches wide as it bakes.
7. Bake 10–12 minutes or until edges start to turn brown. Be careful to not over bake.
8. Remove cookies from baking sheet while still warm.

Nutrition Facts per cookie without raisins: 80 calories, calories from fat: 35, total fat 3.5 g, saturated fat 0 g, trans fat 0 g, cholesterol 10 mg, sodium 60 mg, total carbohydrate 10 g, fiber 0 g, sugars 6 g, protein 1 g. Daily Value: vitamin A 2%, vitamin C 0%, calcium 4%, iron 2%.



Shopping and Storage Tips

- Store brands of flour, rolled oats, and sugar are just as good as name brands.
- Larger boxes and bags may cost less per ounce or per pound. Check unit prices on the store shelf.
- White flour stores well for 1 year.
- Whole grains and dry milk should be used within 6 months, or the “use by” date on the label. Store in a cool and dry cupboard.
- Store dry ingredients in rigid containers with tight-fitting lids to keep out insects.
- Put leftover biscuits, muffins, scones, and pancakes in a sealed heavy plastic bag and store in the freezer. Defrost at room temperature or low setting in the microwave. To make the crust crispy again, heat bread about 5–7 minutes in a 400°F oven.



Easy-As-A-Mix Pizza

Makes one 11 to 12-inch pizza, 4 servings

- 1 cup Better Baking Mix
- 2 tablespoons vegetable oil
- $\frac{1}{3}$ cup water
- $\frac{1}{2}$ cup tomato sauce*
- 2 tablespoons finely chopped onion
- $\frac{1}{2}$ teaspoon oregano or Italian herb mix
- 1 cup grated part skim mozzarella cheese

*Use leftover sauce from a can within 5 days, or freeze to use later.

1. Preheat oven to 425°F. Grease a 12 x 15-inch or larger baking sheet, or 12-inch pizza pan.
2. Measure mix into a bowl. Add oil and water. Stir to form soft dough.
3. Transfer dough onto baking sheet. Sprinkle with flour. Dip fingers in flour and pat dough into a circle about 11 to 12 inches across. Use more flour as needed. Crust will be thin.
4. Spread pizza crust with tomato sauce. Leave about $\frac{1}{2}$ inch around edge with no sauce.
5. Top pizza with onion, oregano, and cheese.
6. Bake 10–12 minutes until edges are brown and cheese is melted and starting to brown.
7. Refrigerate any leftovers within 2 hours.

Nutrition Facts per serving: 240 calories, calories from fat: 110, total fat 12 g, saturated fat 3.5 g, trans fat 0 g, cholesterol 15 mg, sodium 550 mg, total carbohydrate 23 g, fiber 2 g, sugars 4 g, protein 11 g. Daily Value: vitamin A 6%, vitamin C 4%, calcium 30%, iron 8%.

NOTE

Better Baking Mix recipes are easy for children to measure and mix. Adults should supervise use of hot oven and hot pans.

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