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Master Mix

Ingredients:

- 9 cups flour
- 2 2/3 cup powdered dry milk
- 1/3 cup baking powder
- 1/4 cup sugar
- 1 Tablespoon salt
- 1 2/3 cups shortening

Makes 36 servings - 41% calories from fat

Instructions:

1. In a large bowl, combine the flour, dry milk, baking powder, sugar and salt; mix thoroughly.
2. Using a pastry blender or two knives, cut the shortening into the dry ingredients until the MIX is the consistency of corn meal.
3. Place the MIX in a covered air tight container and keep in a cool place.
4. To measure, lightly scoop the MIX into a cup and level off.

Notes:

- Master Mix is a baking mix that is quick and easy to make, and a time saver when used in cooking or baking.
- In warm weather the MIX should be refrigerated. Use within a month.
- Master Mix can be used as a substitute for Bisquick or Jiffy Mix in recipes.

Source: .

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Nutrition Facts

Serving Size 1/3 cup
Servings Per Container about 36

Amount Per Serving

Calories 220 Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 2.5g 13%

Trans Fat 1g

Cholesterol 0mg 0%

Sodium 470mg 20%

Total Carbohydrate 29g 10%

Dietary Fiber 1g 4%

Sugars 4g

Protein 5g

Vitamin A 2% • Vitamin C 0%

Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

