GET OUT OF THE SUPERMARKET AND BACK INTO YOUR KITCHEN!

Get out of the supermarket and back into your own kitchen! Mixes seem sort of magical, like the only way you can get them is at your local supermarket. But the truth is a good mix can be found in your very own recipe box—people just don’t know the secret of how to convert their favorite recipes into mixes. Mixes that will save time in the kitchen, save them money, and get them eating healthier—without sacrificing taste! Making your own mixes also gives you more control over the ingredients (cut out partially hydrogenated fats, high fructose sugars and add in healthy ingredients like whole wheat, etc).

HOW DO I KNOW WHICH RECIPE IS BEST FOR A MIX?

This is very simple—any recipe that calls for mixing the dry ingredients and then adding in the wet ingredients or to mix all of the ingredients together is perfect for making a mix out of!

WHAT ARE THE STEPS FOR CREATING MY OWN MIX?

After you’ve identified a recipe for making a mix, follow these steps:

1. Identify where you can use food storage to make your mix even better. Powdered milk, powdered eggs, or even powdered butter can be added to mixes and whole wheat flour is a great addition to make any recipe healthier.
2. Combine all dry ingredients for one recipe and mix WELL. You can weigh the ingredients (make sure to tare the weight of the bowl before adding dry ingredients) or you can measure the amount of the mixed ingredients.
3. Mix together 4 times all the dry ingredients including the dry milk and egg powders and store in an airtight container with instructions. Instructions should be to add the amount of dry ingredients decided in step two plus the liquid ingredients are in your recipe. Be sure to account for additional water you may need to hydrate food storage powders.

HOW THIS HANDOUT WORKS:

There are three different recipes for each baked good. 1) The Mix Recipe - This is the recipe for making the mix. Each recipe will make enough for four mixes. 2) The Using the Mix Recipe - This is the recipe that will tell you how to use the mix to make each baked good. 3) The One Bowl Recipe - The truth is these mixes stem from very simple, yet delicious recipes—so simple that you don’t need to make a mix ahead of time to use them if you don’t want to.

HIGH ALTITUDE BAKING:

You may notice a change baking in a high altitude area (3,000 feet or more above sea level). If you’d like to know how to adjust for baking in high altitudes, download my High Altitude handout by visiting http://everydayfoodstorage.net/handouts/highaltitude.pdf

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BAKING MIXES

MUFFINS:

MAKING THE MIX:
(Makes 4 mixes)

• 6 C. flour (I like 4 C. flour and 2 C. whole wheat flour)
• 3 C. white sugar
• 2 t. salt
• 2 1/2 T. baking powder
• 1/2 C. dry egg powder
• 1/4 C. dry non-instant milk powder or 1/2 C. dry instant milk powder

Combine ingredients thoroughly and store in air tight container.

USING THE MIX:

• 2 1/4 C. muffin mix (make it a heaping 2 1/4 C. if you used instant milk powder)
• 1/3 C. oil or bean puree
• scant 2/3 C. water

Preheat oven to 400. Grease muffin cups or line with muffin liners.

Mix all ingredients together, except blueberries. Fold in blueberries. Fill muffin cups right to the top.

Bake for 20 to 25 minutes in the preheated oven, or until done.

VARIATIONS:

Use this as a basic muffin mix and add in 1 C. of any fruit you’d like. Feel free to add a little cinnamon to the mix as well by adding 1 1/2 t. ground cinnamon.

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MAKING THE MIX:
(Makes 4 mixes)

• 6 C. flour (I like 4 C. flour and 2 C. whole wheat flour)
• 3 C. white sugar
• 2 t. salt
• 2 1/2 T. baking powder
• 1/2 C. dry egg powder
• 1/4 C. dry non-instant milk powder or 1/2 C. dry instant milk powder

Combine ingredients thoroughly and store in air tight container.

USING THE MIX:

• 2 1/4 C. muffin mix (make it a heaping 2 1/4 C. if you used instant milk powder)
• 1/3 C. oil or bean puree
• scant 2/3 C. water

Preheat oven to 400. Grease muffin cups or line with muffin liners.

Mix all ingredients together, except blueberries. Fold in blueberries. Fill muffin cups right to the top.

Bake for 20 to 25 minutes in the preheated oven, or until done.

VARIATIONS:

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MAKING THE MIX:
(Makes 4 mixes)

• 6 C. flour (I like 4 C. flour and 2 C. whole wheat flour)
• 3 C. white sugar
• 2 t. salt
• 2 1/2 T. baking powder
• 1/2 C. dry egg powder
• 1/4 C. dry non-instant milk powder or 1/2 C. dry instant milk powder

Combine ingredients thoroughly and store in air tight container.

USING THE MIX:

• 2 1/4 C. muffin mix (make it a heaping 2 1/4 C. if you used instant milk powder)
• 1/3 C. oil or bean puree
• scant 2/3 C. water

Preheat oven to 400. Grease muffin cups or line with muffin liners.

Mix all ingredients together, except blueberries. Fold in blueberries. Fill muffin cups right to the top.

Bake for 20 to 25 minutes in the preheated oven, or until done.

VARIATIONS:

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MUFFINS:

MAKING THE MIX:
(Makes 4 mixes)

• 6 C. flour (I like 4 C. flour and 2 C. whole wheat flour)
• 3 C. white sugar
• 2 t. salt
• 2 1/2 T. baking powder
• 1/2 C. dry egg powder
• 1/4 C. dry non-instant milk powder or 1/2 C. dry instant milk powder

Combine ingredients thoroughly and store in air tight container.

USING THE MIX:

• 2 1/4 C. muffin mix (make it a heaping 2 1/4 C. if you used instant milk powder)
• 1/3 C. oil or bean puree
• scant 2/3 C. water

Preheat oven to 400. Grease muffin cups or line with muffin liners.

Mix all ingredients together, except blueberries. Fold in blueberries. Fill muffin cups right to the top.

Bake for 20 to 25 minutes in the preheated oven, or until done.

VARIATIONS:

Use this as a basic muffin mix and add in 1 C. of any fruit you’d like. Feel free to add a little cinnamon to the mix as well by adding 1 1/2 t. ground cinnamon.

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BROWNIE MIX:

MAKING THE MIX:
(Makes 4 mixes)

• 3 C. cocoa
• 8 C. white sugar
• 2/3 C. dry egg powder
• 4 C. flour (I use whole wheat flour)

Combine ingredients thoroughly and store in air tight container.

USING THE MIX:

• 4 C. brownie mix
• 1 C. oil or bean puree
• 1 t. vanilla extract
• 1/3 C. water
• 1 C. chopped walnuts, optional

Preheat oven to 350 degrees F.
Add wet ingredients to mix and stir until mixed.
Spread in greased 13x9 inch pan. Bake for 35 minutes (do not overbake). (Bake 50 minutes for 8x8 pan.

VARIATIONS:

Try different add-ins (peanut butter chips, chocolate chips, mint chips) or try frosting these with chocolate, peanut butter or rocky road frosting

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CHOCOLATE CAKE:

MAKING THE MIX:
(Makes 4 mixes)

• 8 C. sugar
• 7 C. (I use whole wheat flour)
• 3 C. cocoa or dark cocoa
• 2 T. baking powder
• 2 T. baking soda
• 4 t. salt
• 1 C. dry egg powder
• (2/3 C. non-instant dry milk powder or 1 1/3 C. instant dry milk powder)

Combine ingredients thoroughly and store in air tight container.

USING THE MIX:

• 5 C. chocolate cake mix (make it a heaping 5 C. if you used instant milk powder)
• 1/2 C. oil or bean puree
• 2 t. vanilla
• 1 1/2 C. water
• 1 C. boiling water

Heat oven to 375. Spray 9-inch round pans, 13x9 or bundt baking pan.
Beat all ingredients except boiling water on medium speed of electric mixer 2 minutes. Stir in boiling water (batter will be thin). Pour batter into prepared pans.

Bake 30-35 minutes for round pans, 35-40 minutes for 9x13 pan or 50-55 minutes for bundt pan or until toothpick inserted in center comes out clean. Cool 10 minutes and remove from pans to wire racks.

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YELLOW CAKE:

**MAKING THE MIX:**
(Makes 4 mixes)

- 9 C. flour (7 C. all-purpose and 2 C. whole wheat flour)
- 6 C. sugar
- Heaping 2/3 C. dry non-instant milk powder or 1 1/3 C. dry instant milk powder
- Heaping 1/4 C. baking powder
- 4 t. salt
- 1 t. vanilla
- 1/2 C. dry egg white powder

Combine ingredients thoroughly and store in air tight container.

**USING THE MIX RECIPE:**

- 4 1/3 C. yellow cake mix (make it a heaping 4 1/3 C. if you used instant milk powder)
- 1/2 C. softened butter or bean puree
- 1 3/4 C. water
- 1 t. vanilla

Heat oven to 350. Grease bottom and sides of 9x13 pan, two 9x9 pans, or two 8x8 round pans.

Beat all ingredients except egg whites with electric mixer on low speed for 30 seconds, then beat in egg whites on high speed 2 minutes.

Pour into prepared pans and bake 9x13 35-40 minutes, 9-inch 25-30 minutes, 8-inch rounds 30-35 minutes or until toothpick inserted in center comes out clean.

**VARIATIONS:**
Add 1 C. freeze dried fruit hydrated in the 1 3/4 C. water to make it fruit flavored.

WHITE CAKE:

**MAKING THE MIX:**
(Makes 4 mixes)

- 9 C. flour
- 6 2/3 C. sugar
- Heaping 2/3 C. dry non-instant milk powder or 1 1/3 C. dry instant milk powder
- Heaping 1/4 C. baking powder
- 4 t. salt
- 1 t. vanilla
- 1/2 C. dry egg white powder

Combine ingredients thoroughly and store in air tight container.

**USING THE MIX RECIPE:**

- 4 1/3 C. white cake mix (make it a heaping 4 1/3 C. if you used instant milk powder)
- 1/2 C. shortening or bean puree
- 1 3/4 C. water
- 1 t. vanilla

Heat oven to 350. Grease bottom and sides of 9x13 pan, two 9x9 pans, or two 8x8 round pans.

Beat all ingredients except egg whites with electric mixer on low speed for 30 seconds, then beat in egg whites on high speed 2 minutes.

Pour into prepared pans and bake 9x13 40-45 minutes, 9-inch 30-35 minutes, 8-inch rounds 23-28 minutes or until toothpick inserted in center comes out clean.

**VARIATIONS:**
Add 1 C. freeze dried fruit hydrated in the 1 3/4 C. water to make it fruit flavored.

**WHY DO I BAKE WITH BEANS?**

Why? Well beans are CHEAP, from your dry beans you can make the equivalent of a can of beans (which is about a pound) for under 20 cents! Has anyone seen what a pound of butter costs these days? Last time I checked it was around $3 a pound—good grief.

Plus, beans are virtually fat free, full of protein and fiber which means less calories and they make you feel full! No joke! I can eat one piece of cake made with beans instead of oil and feel FULL. Before I could eat 2 (or 3 or 4) and not feel satisfied. Plus, beans make a very moist product and I promise there is no bean taste!

And just because I know you’re wondering, I don’t use powdered butter or shortening because for the most part it isn’t cheaper than using fresh plus it lacks the protein and fiber of beans.

Don’t believe me? Even Dr. Oz is on the beans for butter and oil bandwagon. He’s even featured a bean brownie recipe!

**WANT MORE GREAT BEAN RECIPES?**

Do you get stumped when thinking about what you can make with the beans in your food storage—besides a lot of chili? Are you not eating your three servings of beans a week that the National Dietetic Association recommends? Would you like to eat more fiber and protein instead of fat? Then check out my Everyday Beans E-Cookbook! It offers a very WIDE range of recipes that will get you using beans every day and teach you how to successfully incorporate beans into your OWN recipes!

Go to www.everydayfoodstorage.net/shop for more info!
MUFFINS:

THE ONE BOWL RECIPE:
• 1 1/2 C. flour (I like 1 C. flour and 1/2 C. whole wheat flour)
• 3/4 C. white sugar
• 1/2 t. salt
• 2 t. baking powder
• 1/3 C. oil (or bean puree)
• 1 egg (2 T. dry egg powder + 1/4 C. water)
• 1/3 C. milk (or 1 T. dry non-instant milk powder or 2 T. dry instant milk powder + 1/3 C. water)
• 1 cup fresh blueberries (or 1 C. freeze dried blueberries)

Preheat oven to 400. Grease muffin cups or line with muffin liners.

Mix all ingredients together, except blueberries. Fold in blueberries. Fill muffin cups right to the top.

Bake for 20 to 25 minutes in the preheated oven, or until done.

VARIATIONS:
Use this as a basic muffin mix and add in 1 C. of any fruit you’d like. Feel free to add a little cinnamon to the mix as well by adding 1 1/2 t. ground cinnamon.

BROWNIES:

THE ONE BOWL RECIPE:
• 3/4 C. cocoa
• 1 C. butter, melted (or bean puree)
• 2 C. white sugar
• 3 eggs (3 T. dry egg powder + 1/3 C. water)
• 1 t. vanilla extract
• 1 C. flour (I use whole wheat flour)
• 1 C. chopped walnuts, optional

Preheat oven to 350 degrees F (180 degrees C).

Mix dry ingredients together. Add wet ingredients and stir until mixed.

Spread in greased 13x9 inch pan. Bake for 35 minutes (do not overbake). (Bake 50 minutes for 8x8 pan.

VARIATIONS:
Try different add-ins (peanut butter chips, chocolate chips, mint chips) or try frosting these with chocolate, peanut butter or rocky road frosting

CHOCOLATE CAKE:

THE ONE BOWL RECIPE:
• 2 C. sugar
• 1 3/4 C. (I use whole wheat flour)
• 3/4 C. cocoa or dark cocoa
• 1 1/2 t. baking powder
• 1 1/2 t. baking soda
• 1 t. salt
• 2 eggs (1/4 C. dry egg powder + 1/2 C. water)
• 1 C. milk (3 T. non-instant dry milk powder or 1/3 C. instant dry milk powder +1 C. water)
• 1/2 C. oil (or bean puree)
• 2 t. vanilla
• 1 C. boiling water

Heat oven to 375. Spray 9-inch round pans, 13x9 or bundt baking pan.

Beat all ingredients except boiling water on medium speed of electric mixer 2 minutes. Stir in boiling water (batter will be thin). Pour batter into prepared pans.

Bake 30-35 minutes for round pans, 35-40 minutes for 9x13 pan or 50-55 minutes for bundt pan or until toothpick inserted in center comes out clean. Cool 10 minutes and remove from pans to wire racks.

VARIATIONS:
Try different add-ins (peanut butter chips, chocolate chips, mint chips) for added flavor.
WHITE CAKE:

YELLLOW CAKE:

THE ONE BOWL RECIPE:
- 2 1/4 C. flour
- 1 1/2 C. sugar
- 1/2 C. butter, soft (or bean puree)
- 1 1/4 C. milk (heaping 3 T. dry non-instant milk powder or 1/3 C. dry instant milk powder + 1 1/4 C. water)
- 3 1/2 t. baking powder
- 1 t. salt
- 1 t. vanilla
- 3 large eggs (1/3 C. dry egg white powder + 1 1/3 C. water)

Heat oven to 350. Grease bottom and sides of 9x13 pan, two 9x9 pans, or two 8x8 round pans.

Beat all ingredients except egg whites with electric mixer on low speed for 30 seconds, then beat in egg whites on high speed 2 minutes.

Pour into prepared pans and bake 9x13 40-45 minutes, 9-inch 30-35 minutes, 8-inch rounds 25-30 minutes or until toothpick inserted in center comes out clean.

VARIATIONS: Add 1 C. freeze dried fruit hydrated in the 1 3/4 C. water to make it fruit flavored

THE ONE BOWL RECIPE:
- 2 1/4 C. flour (1 3/4 C. all-purpose and 1/2 C. whole wheat flour)
- 1 1/2 C. sugar
- 1/2 C. butter, soft (or bean puree)
- 1 1/4 C. milk (heaping 3 T. dry non-instant milk powder or 1/3 C. dry instant milk powder + 1 1/4 C. water)
- 3 1/2 t. baking powder
- 1 t. salt
- 1 t. vanilla
- 3 large eggs (1/3 C. dry egg white powder + 2/3 C. water)

Heat oven to 350. Grease bottom and sides of 9x13 pan, two 9x9 pans, or two 8x8 round pans.

Beat all ingredients with electric mixer on low speed for 30 seconds, then beat in egg whites on high speed 2 minutes.

Pour into prepared pans and bake 9x13 40-45 minutes, 9-inch 30-35 minutes, 8-inch rounds 25-30 minutes or until toothpick inserted in center comes out clean.

VARIATIONS: Add 1 C. freeze dried fruit hydrated in the 1 3/4 C. water to make it fruit flavored

TIPS FOR USING BEANS FOR BUTTER/OIL:
1. If your recipe calls for oil, you are going to use a bean puree. A bean puree is cooked beans with enough water to whirl in your blender. If you want a simple way to try this, take a can of beans (the entire can) and dump it in the blender and blend it.
2. If your recipe is for butter, you are going to use cooked, drained beans.
3. For substituting beans for both butter and/or oil you are going to use a 1:1 ration.
4. Match color for color. If it is a chocolate cake, use black beans. If it is a spice cake, use pinto beans. If it is a white cake, use white beans. To be safe, you can use white beans in almost anything.
5. Add the beans however your recipe says to use the butter and/or oil. So, if your recipe says to cream the butter with the sugar—you’re going to cream the beans with the sugar. If your recipe says to add the oil to the dry ingredients, you’re going to add the bean puree to the dry ingredients.
6. If you are using beans in something like brownies or cookies that are supposed to be chewy, the beans will not make it chewy-it will be cake like. So if you’re family is big on chewy that doesn’t mean you have an excuse not to use beans. It just means you need to use half oil/butter and half beans. It will still be chewy and you’ll still be saving money and adding fiber and protein! Remember, I’m not big into all or nothing-even a little or half is better than nothing and it’s important that your family likes what you make!

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**STREUSEL TOPPING:**

(for muffins)

- 1/4 C. whole wheat flour
- 1/4 C. brown sugar
- 1/2 t. cinnamon
- 2 T. firm butter

Mix ingredients, except butter, together. Cut in butter, using pastry blender or crisscrossing 2 knives, until crumbly. Add to muffins before baking.

**PACK IT WITH FIBER!**

Add 2 T. of oats to give it even more fiber!

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**CHOCOLATE GLAZE FOR BUNDT**

(as featured on the chocolate cake)

- 1/2 of a 14 ounce can sweetened condensed milk*
- 1 C. semisweet chocolate chips
- 1 teaspoon vanilla extract

In a saucepan over medium heat, combine the sweetened condensed milk and chocolate chips. Cook, stirring constantly, until the chips are melted and the mixture is smooth. Do not allow it to bubble. Remove from the heat and stir in vanilla. Cool slightly before drizzling over a cake. If you want to make this ahead, it can be cooled and reheated in the microwave.

*USE YOUR FOOD STORAGE:

Make your own 14 oz. can of sweetened condensed milk by mixing 1/2 C. hot water, 1 C. sugar, and 1 C. dry non-instant or 2 C. dry instant milk powder in a blender. (For the recipe above, simply half the ingredients to create half a can.

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**CHOCOLATE BUTTERCREAM FROSTING:**

(as featured on the yellow cake)

- 3 C. powdered sugar
- 1/2 C. butter, softened
- 2 t. vanilla
- heaping 1/2 C. cocoa
- 3-4 T. milk (3/4 T. dry non-instant milk powder or 1 1/2 T. dry instant milk powder + 3-4 T. water)

Mix powdered sugar and butter in medium bowl with electric mixer on low speed. Stir in vanilla and chocolate. Gradually beat in just enough milk to make frosting smooth and spreadable. If frosting is too thick, beat in more milk, a few drops at a time.

**MAKE POWDERED SUGAR:**

Did you know you can make your own powdered sugar? Simply blend small amounts of sugar in your blender on high. Watch it carefully so it doesn’t burn.

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**VANILLA BUTTERCREAM FROSTING:**

(great for a white cake)

- 3 C. powdered sugar
- 1/2 C. butter, softened
- 1 1/2 t. vanilla
- 1-2 T. milk

Mix powdered sugar and butter in medium bowl with electric mixer on low speed. Stir in vanilla and 1 T. of milk. Gradually beat in just enough remaining milk to make frosting smooth and spreadable. If frosting is too thick, beat in more milk, a few drops at a time.

**WHY CAN’T I USE BEANS?**

Beans work best in BAKED items. In something like this where a lot of the flavor is dependent on butter it doesn’t work as well. But it would be awesome.

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**DID YOU KNOW?**

You can actually make any angel food cake recipe a whole wheat angel food cake easily by making your own whole wheat cake flour? Simply combine 3/4 C. white whole wheat flour with 1/4 C. corn starch to equal 1 C. cake flour! To watch my video on how to make your own whole wheat angel food cake visit...

http://youtu.be/Ku0fqT2EOlc