

From the Kitchen of the

Cent\$ible Nutrition Program

CNP Magic Mix



Ingredients

- 4 cups non-fat dry milk powder
- 1 cup enriched flour
- 1/3 cup canola oil

Directions

1. Wash hands with warm, soapy water.
2. Put ingredients into large bowl and mix until it looks like coarse cornmeal.
3. Refrigerate in tightly covered container. Keeps about 3 months in refrigerator.

Nutrition Facts

Serving Size 1/3 cup (31.3g)
Servings Per Container 15

Amount Per Serving

Calories 140 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 100mg **4%**

Total Carbohydrate 16g **5%**

Dietary Fiber 0g **1%**

Sugars 9g

Protein 7g **14%**

Vitamin A 8% • Vitamin C 0%

Calcium 20% • Iron 2%

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

Serves: 15



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646. This institution is an equal opportunity provider and employer.