

From the Kitchen of the

Cent\$ible Nutrition Program

CNP Master Mix



Ingredients

- 4 cups unsifted enriched flour
- 4 cups unsifted whole-wheat flour
- 1/4 cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon iodized salt
- 1 1/3 cups nonfat dry milk powder
- 1 cup canola oil

Directions

1. Wash hands with warm, soapy water.
2. In large bowl, combine flours, baking powder, sugar, salt, and dry milk.
3. Drizzle oil over dry mixture; cut in with pastry blender, fork, or fingers until it resembles coarse cornmeal.
4. Store in covered container in refrigerator. Keeps about 3 months.

Nutrition Facts

Serving Size 1/4 cup (36.75g)
Servings Per Container 40

Amount Per Serving	
Calories 150	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	6%
Sugars 3g	
Protein 4g	9%
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 4%

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

Serves: 40



1.877.219.4646 | uwyo.edu/cnp | <https://www.facebook.com/UWCNP>

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.