

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



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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.