



Bakery Mix Recipes — *Bread and More*

Delicious Dumplings

3-1/2 cups of Mountain Maid Low Fat Bakery Mix
1 cup water
4 chicken breasts (boiled)
1 can of Mexican Corn
1/2 cup onion (diced)
1 can mixed vegetables
1 cup of egg noodles
4 Potatoes (cubed)
1 egg

Add Bakery Mix with water and roll out for dumplings. Boil chicken until done. Add remaining ingredients and simmer for 15 minutes. Dip dumpling dough in egg then add to boiling broth and cover for an additional 10 to 15 minutes until dumplings are done.

Biscuits

3-1/3 cups Mountain Maid Low Fat Bakery Mix
1 cup COLD water

Preheat oven to 450o F. Mix ingredients about 30 seconds until soft dough forms. If dough is too sticky, gradually mix in enough bakery mix (up to 1/4 cup) to make dough easy to handle. Turn

dough onto lightly dusted surface and roll in bakery mix to coat. Shape into ball and knead gently 8 – 10 times. Roll ½” thick. Cut biscuits with a floured 2 ½” biscuit cutter. Bake on an ungreased cookie sheet 13 – 15 minutes or until golden brown. Yields 10 – 12 biscuits.

Drop Biscuits: Follow recipe above except do not knead. After mixing, drop by spoonful onto ungreased cookie sheet and bake as directed for 13 – 15 minutes.

Cheesy-Garlic Biscuits

3-1/3 cups Mountain Maid Low Fat Bakery Mix
1-1/2 cups cheddar cheese
1-1/2 teaspoons garlic powder
1 cup water or milk

Mix all dry ingredients together before adding the liquid. Preheat oven to 450o F. Mix ingredients about 30 seconds until soft dough forms. If dough is too sticky, gradually mix in enough bakery mix (up to ¼ cup) to make dough easy to handle. Turn dough onto lightly dusted surface and roll in bakery mix to coat. Shape into ball and knead gently 8 – 10 times. Roll ½” thick. Cut biscuits with a floured 2 ½” biscuit cutter. Bake on an ungreased cookie sheet 13 – 15 minutes or until golden brown. These are great!

Cornbread

2 cups Mountain Maid Low Fat Bakery Mix
6 Tbsp. cornmeal
3/4 cup sugar

2 eggs
1 cup milk
1/2 cup melted margarine

Combine bakery mix, cornmeal, sugar, eggs, and milk. Beat until well blended, mix in melted margarine. Place in greased 9" x 9" pan. Bake at 350°F for 35-40 minutes or until toothpick comes out dry.

Easy Cheesy Sticks

1-1/3 c. Mountain Maid Low Fat Bakery Mix
1 c. grated cheese
2 T. margarine
1/8 t. salt
1 egg
1-1/2 t. water

Preheat oven to 400° F. Spray a large baking sheet with nonstick spray. Blend bakery mix, grated cheese, margarine and salt. Mix with fork to consistency of coarse crumbs. Add egg and water to form stiff dough. Knead slightly, roll to 1/4" thickness on surface sprinkled with bakery mix. Cut into strips, 6x1/2" each. Place on prepared baking sheet. Bake 10 to 12 minutes. This recipe makes 18 sticks, 6x1/2" each.

Scones

2 cups Mountain Maid Low Fat Bakery Mix
1 teaspoon cream of Tarter
1/4 cup of margarine

1/8 cup white sugar
1/2 cup of milk
Additional milk for glaze

Reheat oven to 425° F. Line a baking sheet with parchment paper. Sift the baking mix, cream of tarter, into a bowl. Rub in the butter until mixture resembles fine breadcrumbs. Stir in the sugar and enough milk to mix to a soft dough. Turn onto a floured surface, knead lightly and roll out to a 3/4-inch thickness. Cut into 2-inch rounds and place on the prepared baking sheet. Brush with milk to glaze. Bake at 425° F for 10 minutes then cool on a wire rack. Serve with butter or clotted cream and jam.

Muffins

2 cups Mountain Maid Low Fat Bakery Mix
1 cup milk (for cholesterol free muffins use skim milk)
1 egg (for cholesterol free muffins use 2 egg whites or ¼ cup cholesterol free egg product)
1/3 cup sugar
2 Tbsp. vegetable oil

Heat oven to 400o F. Grease a 12 cup regular muffin pan or line with paper baking cups. Beat eggs and liquid ingredients slightly in a bowl; stir in dry ingredients just until moistened. Divide batter evenly among cups. Bake muffins 15 - 17 minutes or until golden brown, Yields 12 muffins.