



Bakery Mix Recipes — *Mix Basics*

Pancakes

2 ¼ cups Mountain Maid Low Fat Bakery Mix
1 ½ cups of water or milk

For richer pancakes use any or all of these additional ingredients:

1 - 2 eggs
2 Tbsp. sugar
2 Tbsp. melted shortening or oil

Beat ingredients by hand with a wire whisk or hand beater until well blended. Pour ¼ cup batter onto hot 375° F lightly greased griddle. Cook about 45 seconds until top is bubbled and edges are dry. Turn, cook another minute or until golden brown. Serve with butter and syrup or jelly. Yield 12 – 14 pancakes.

Pie Crust

1 cup Mountain Maid Low Fat Bakery Mix
1 tbsp. oil
1/4 cup cool water

Preheat oven to 375°F. Mix all ingredients, place on floured surface. Roll out with rolling pin until very thin. Spray pie pans

with nonstick cooking spray. Place dough in pan and shape around edges. Prick holes in bottom of crust with a fork. Bake until crust is golden brown. This recipe makes 2 pie crusts.

Sausage Balls

2 cups Mountain Maid Low Fat Bakery Mix
1 lb. Sausage (hot or mild)
10 oz. sharp cheddar cheese

Knead together and round out into balls about 1 inch in diameter. Bake at 350°F 15 minutes or until golden brown. For extra zest add Tabasco sauce or jalapeno peppers to the mix. This recipe makes 25 to 30 bite size sausage balls.

Doughnuts

3 cups Mountain Maid Low Fat Bakery Mix
1/4 cup sugar
3/4 cup milk

Combine all ingredients in mixing bowl. Roll dough onto floured surface until 1/4" thick. Cut into 15 2&1/2" doughnuts. Heat the oil to 375°. (Place only 2 doughnuts at one time in hot oil to maintain appropriate temperature.) Cook doughnuts until golden brown on one side, turn and cook until the other side is golden brown. Place on towel to absorb excess oil. Donuts may be coated with powdered sugar or glaze. This recipe makes about 15 donuts.

Biscuits

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

Preheat oven to 450° 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. 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.

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.

Gravy

4 T oil
5 T Mountain Maid Low Fat Bakery Mix
1/4 t salt
1/8 t black pepper
2 cups water or 1 cup skim milk and 1 cup water

Heat skillet on medium heat, add oil into skillet and add bakery mix. Cook until brown stirring constantly. Then add liquid and cook until it thickens... When it starts to thicken turn down heat to low and cook remainder of minutes.

Easy Dumplings

3-1/2 cups of Mountain Maid Low Fat Bakery Mix
1 cup milk

Mix together and roll very thin. Cut into stripes and put into boiling broth. Boil 5 minutes; reduce heat to simmer for 30 minutes.