



Can-Do Missouri Mix

What is Missouri Mix?

Missouri Mix is a make-at-home version of all-purpose baking mix. Having this mix helps speed up the process when you want to make anything from biscuits to muffins to quick breads. In addition, it generally costs less to prepare mixes at home than to buy the commercial product.

Missouri Mix - Large Batch

Makes: 27 cups

Requires a very large bowl or food container

Ingredients

- 5-pound bag of flour or 20 cups*
- $\frac{3}{4}$ cup baking powder
- 2 tablespoons salt
- $2\frac{1}{2}$ cups nonfat dry milk powder
- $3\frac{3}{4}$ cups shortening

Directions

1. Combine dry ingredients in large bowl. Sift to assure even distribution of ingredients. Using a pastry blender, cut in shortening until mix is the consistency of cornmeal. Store in a tightly sealed container at room temperature.

* (all-purpose, whole wheat or any combination of both)

Missouri Mix - Small Batch

Makes: 11 cups

Ingredients

- 8 cups flour*
- $\frac{1}{4}$ cup plus 1 tablespoon baking powder
- 2 teaspoons salt
- 1 cup nonfat dry milk powder
- $1\frac{1}{2}$ cups shortening



Basic Biscuits

Servings: 12 biscuits

Ingredients

- 2 cups Missouri Mix
- ½ to ⅔ cup water

Directions

1. Gradually add water to mix, stirring with a fork. Use just enough water to make a soft, nonsticky dough.
2. Turn on floured board and knead about 10 times.
3. Roll or pat out to ½-inch thickness. Cut out with floured biscuit cutter.
4. Bake on baking sheet in a 450 F oven for 8 to 10 minutes, until lightly browned.

For drop biscuits

Increase water slightly to ⅔ cup. It is not necessary to knead or roll. Drop by spoonfuls onto a greased baking sheet.

Flavor variations for biscuits

Blend grated cheese, chopped parsley, chives or other herbs with the dough to add color and flavor.



Peanut Butter Cookies

Servings: 40 cookies

Ingredients

- 2 cups Missouri Mix
- ⅔ cup sugar
- 1 cup chunky peanut butter
- 1 egg, beaten
- 1 tablespoon water

Directions

1. Stir sugar and peanut butter into the mix.
2. Combine water and egg and add to mix. Stir thoroughly.
3. Shape into a roll.
4. To bake now, slice the roll into ¼-inch thick sections.
5. Shape into balls, place on ungreased baking sheets and flatten with a floured fork.
6. Bake at 375 F for 10 to 12 minutes.
7. The rolled cookie dough can be wrapped airtight and refrigerated several days before baking.



Basic Muffins

Servings: 10-12 muffins

Ingredients

- 2 cups Missouri Mix
- 2 tablespoons sugar
- 1 egg, beaten
- 1 cup water

Directions

1. Stir sugar into mix.
2. Beat egg and add to the water.
3. Add liquid to dry ingredients and stir 15 strokes or just enough to blend, leaving a few lumps.
4. Bake in well-greased muffin tin at 400 F for 20 minutes.

Variations

Apple muffins: Add $\frac{3}{4}$ cup peeled, finely-diced apples, $\frac{1}{4}$ teaspoon cinnamon and a dash of nutmeg to muffin batter.

Banana muffins: Reduce water to $\frac{1}{2}$ cup and add $\frac{1}{2}$ cup mashed banana and $\frac{1}{4}$ teaspoon nutmeg to muffin batter.

Blueberry muffins: Add $\frac{1}{2}$ cup canned, fresh or frozen blueberries without juice to muffin batter.

Bran muffins: Reduce mix to $1\frac{1}{2}$ cups and add $\frac{1}{2}$ cup all-bran type cereal to dry ingredients.

Dried fruit muffins: Add $\frac{3}{4}$ cup raisins, finely chopped dates or apricots to the dry ingredients. Sprinkle with cinnamon and sugar before baking.

Missouri Mix Tips

- Accurate measuring is crucial, so take your time.
- Solid ingredients, such as shortening, should be packed firmly into a measuring cup so that no air pockets remain.
- Always stir Missouri Mix before measuring to redistribute the ingredients. Spoon lightly into a cup and level with a spatula. Do not sift Missouri Mix before using.
- When the baking powder is added, stir mix at least one minute to thoroughly distribute.
- If stored in an airtight container in a cool, dry location, Missouri Mix will stay fresh for several months. Suitable storage containers for Missouri Mix include glass jars, plastic containers and bags made for freezer use.

Learn More



Missouri Mix

[extension.missouri.edu/
publications/gh1055](https://extension.missouri.edu/publications/gh1055)

Funded in part by USDA SNAP.
For more information, call MU Extension's
Show Me Nutrition Line at 1-888-515-0016.
Need help stretching your food dollars?
Contact your local resource center or go
online to mydss.mo.gov/food-assistance



Basic Pancakes and Waffles

Servings: 16 pancakes or 4 waffles

Ingredients

- 2 cups Missouri Mix
- 1 teaspoon sugar
- 1 egg
- 1 cup water (more water may be added to thin batter)

Directions

1. Add sugar to mix.
2. Beat egg slightly, then add to water and stir thoroughly.
3. Add liquid to mix and stir about 25 strokes. Batter will not be smooth.
4. Pour $\frac{1}{3}$ to $\frac{1}{4}$ cup of batter on a preheated griddle or skillet. Or follow directions for individual waffle makers.

More Missouri Mix Tips

- The shelf-life of Missouri Mix can be extended by packaging in moisture- and vapor-proof containers and refrigerating or freezing.
- If whole wheat flour is used, Missouri Mix must be refrigerated to prevent flavor changes due to the higher level of fat in whole wheat flour.
- Missouri Mix can be used to make your own favorite recipes. Use $1\frac{1}{2}$ cups of Missouri Mix for each cup of flour in your recipe. Leave out baking powder, baking soda, salt, milk and fat in the recipe because they are already included in the Missouri Mix. Replace the liquid from the milk with water, broth or juice.