

How to Convert Your Recipes and Make Your Own Mixes

Choose a few of your favorite recipes, such as pancakes, cornbread, muffins, cakes, puddings, etc. Using the instructions for converting powdered milk and Ener-G egg substitute found below, work out how your recipe would look using these ingredients. Substitute fresh-ground hard white wheat flour from your food storage for the white flour. Now go ahead and make up one batch of each recipe to taste. You and your family will be delighted with the results!

Rewrite each recipe onto an index card. Write all dry ingredients in a list, in this order: whole wheat flour, other grains, (like cornmeal for cornbread), sugar, powdered milk, baking powder, baking soda, salt, Ener-G egg replacer, and any other ingredients after these. It is important to use a standard format on all your cards, so that you can mass-produce them without making mistakes.

The next step is mass-production. Decide how many of each recipe you will make up. (I usually do six batches of each recipe.) Using quart-sized Ziploc freezer bags, label each bag with the recipe to be stored in it. If you are making five different recipes, you will use 30 bags. Arrange the labeled bags on a counter or your dining-room table in rows, with the recipe card for each mix placed on the counter in front of the appropriate pile of bags. Add the whole wheat flour to each of the 30 bags first, as that is usually the ingredient with the most volume, and will help hold the bag upright on the table as you add remaining ingredients. Start with the quantity of wheat for your first recipe, and go right on down the line until the wheat for each recipe is "bagged." Put away the wheat and start at the beginning of the row with the next ingredient. Continue in this fashion until all ingredients are added. "Zip" each bag closed, with some extra air in it. Toss it around gently until the ingredients are somewhat combined. This helps the sugar and baking powder from clumping in storage. Open the bag, squeeze out excess air, and reseal. Store in freezer if you are able, (to preserve nutritional value in freshly-milled grains), or in your pantry.

Make a chart to be attached to the inside of your cupboard door. (See below.) Now anyone in your family can grab a mix, add the wet ingredients, and bake. Teach them to do so!

RECIPE	WATER	OIL	ADDL. INGREDIENTS	SPECIAL INSTRUCTIONS	TEMP. / TIME
<i>Muffins</i>	<i>1 cup</i>	<i>¼ cup</i>	<i>1 apple, cut up</i>		<i>375 deg. / 20 min.</i>

POWDERED MILK CONVERSION CHART

A tip for those of you who aren't converted to drinking milk, but who want to store some and rotate it, so as not to waste... Use instant powdered milk in recipes calling for milk. Here's how:

Convert the liquid amount of milk called for in a recipe by adding the same amount of water, and adding instant powdered milk. Stir the powdered milk into the dry ingredients, and just substitute water for the milk in the recipe. Here's the proportions: 1 cup water + 1/3 cup powdered milk = 1 cup milk

Water	Powdered Milk
1 Cup	1/3 Cup
½ Cup	3 Tbsp.
1/3 Cup	2 Tbsp.
¼ Cup	1 rounded Tbsp.

I have converted many of my frequently used recipes to dry ingredients. I spend one morning every 6 weeks preparing my own "mixes" for pancakes, waffles, several varieties of muffins, corn bread, biscuits, etc. I use powdered milk, powdered egg substitute, and even powdered vanilla! I grind all my wheat, corn, and other grains, and then assemble the mixes. I use zipper freezer bags to package each "mix" in. The bags go into my deep freezer until

I'm ready to use them. I have a chart inside my kitchen cupboard with the "wet" ingredients for each recipe, and the oven temp. and time listed. Even my kitchen-wary husband and under 13-year-old kids can make waffles by dumping a baggie of dry ingredients into a bowl, adding water and oil, and cooking for 5 minutes in the waffle iron! Boy, have we gotten good at rotating our wheat, powdered milk, and other food storage ingredients since we gave up cold cereal and started using "mixes!"

Here's the conversion for the Ener-G powdered egg substitute I use in my dry mixes.

If people prefer to add whole eggs, or use another brand, convert my recipes as follows:

Where the recipe calls for Ener-G egg substitute, substitute one whole egg for every 1 1/2 teaspoons of Ener-G. Also reduce recipe by 2 Tablespoons water (or other liquid) for each egg substituted.

If you are using another brand of powdered egg substitute, follow package directions for adding dry egg substitute to mix recipes, using recommended amount to substitute for quantity of Ener-G used in recipe. Remember to add water or other liquid ingredients for equivalent amount of liquid as recommended by the brand of egg substitute you use.

Chocolate Pudding Mix

Makes 6 servings

Dry Bag:

- 1 ¼ cup powdered milk
- 1 cup sugar
- 6 Tbs. cornstarch
- 6 Tbs. cocoa powder
- ¼ tsp. salt

Add Wet:

- 3 ½ cups water
- 2 tsp. vanilla
- 1 to 2 Tbs. butter (optional)

TO MAKE MIX: Combine all dry ingredients in 1 quart Ziploc bag.

TO MAKE PUDDING:

- 1) Pour dry ingredients into medium saucepan. Stir to combine.
- 2) Gradually add water and stir to combine. Stir in vanilla.
- 3) Heat over medium heat, stirring constantly, until thickened (about 10 minutes). For richer flavor, stir in 1 to 2 tablespoons of butter after pudding has thickened.
- 4) Pour into serving dishes. If you do not want a skin to form on pudding, cover with plastic wrap while cooling. Serve warm or cold.

Basic (Fruit) Muffins

Makes 18 regular or 12 large muffins

Dry Bag:

- 3 ½ cups whole wheat flour
- ½ cup powdered milk
- ½ cup sugar (I put in 1 cup)
- 4 tsp. baking powder
- 1 tsp. salt
- 1 Tbs. Ener-G egg replacer

Add Wet:

- 1 ¾ cups water
- 1/3 cup olive oil
- 1/3 cup apple sauce

Preheat oven to 375°. Mix dry ingredients in a large bowl. Add wet ingredients and stir just until combined.

Stir in one of the following:

- 1 peeled and diced apple
- 1 cup frozen blueberries
- 1 cup frozen cranberries, chopped in blender
- 1 banana, diced small
- ½ cup raisins

Spray muffin tins with cooking spray. DO NOT USE PAPER LINERS, as these muffins have little fat, and will stick to the liners. Mound batter into muffin cups. They will fill the cups to about level. Bake 20 minutes. Muffins freeze wonderfully. To reheat, put frozen muffin in microwave.

Pumpkin Muffins

Makes 18 regular or 12 large muffins

Dry Bag:

3 cups whole wheat flour
1 ½ cups rolled oats
½ cup powdered milk
½ cup sugar (**I put in 1 cup**)
4 tsp. baking powder
½ tsp. salt
1 Tbs. Ener-G egg replacer
1 Tbs. Pumpkin pie spice
Combine and add to dry:
1 - 16 oz. can pumpkin
1 ¾ cups water
¼ cup olive oil

Preheat oven to 375°. Mix dry ingredients in a large bowl. Combine wet ingredients and add to dry. Stir just until combined.

Spray muffin tins with cooking spray. **DO NOT USE PAPER LINERS**, as these muffins get their moist texture from pumpkin rather than oil, and will stick to the liners. Mound batter into muffin cups. They will fill the cups to about level.

Bake 20 minutes.

Muffins freeze wonderfully. To reheat, put frozen muffin in microwave.

Corn Bread

Makes 1 dozen large muffins, or 9 x 9 inch pan

Dry Bag:

1 cup whole wheat flour
1 cup cornmeal or corn flour
½ cup powdered milk
¼ cup sugar (**I put in ½ - ¾ cup**)
4 tsps. baking powder
½ tsp. salt
1 Tbs. egg replacer

Add Wet:

1 ¼ cup water
¼ cup olive oil

Preheat oven to 425°

Spray 12 muffin tin or 9" x 9" square pan with cooking spray.

Stir dry ingredients together in a medium bowl. Make a well in the center, and pour wet ingredients in. Stir just until combined. Do not over-stir. Pour batter into prepared pan.

Bake: muffins 12 to 15 minutes or 9" x 9" pan 20 minutes.

Cornmeal Waffles

Makes 6 large Belgian Waffles

Dry Bag:

- 1 ½ cup whole wheat flour
- 1 ½ cup cornmeal or corn flour
- 1 cup powdered milk
- ¼ cup sugar (I put in ¼ to ½)
- 1 ½ Tbs. baking powder
- 1 tsp. salt
- 1 1/2 Tbs. Ener-G egg replacer

Add Wet:

- 3 cups water
 - 5 Tbs. olive oil (or melted margarine)
- Preheat waffle irons. (We use two so everyone eats together.)

Mix dry ingredients in a large bowl. Add wet ingredients and combine with wire whisk. Let sit while waffle irons heat. (Batter will thicken while sitting.) Batter is thicker than traditional waffle batter. It makes light, crispy waffles!

Spray waffle iron with cooking spray before spooning in batter. Let batter cook 30 seconds before closing lid. (This helps batter to stay put and not ooze out of sides of iron.) Cook 4 to 5 minutes, or until light indicates done.

Waffles freeze well. To reheat, put waffle on cookie sheet and bake in 350° oven for 5 minutes, or warm in toaster oven.

Pancakes

Makes enough to feed a hungry family of six

Dry Bag:

- 3 cups whole wheat flour
- 1 cup powdered milk
- 6 Tbs. sugar (I put in 8 tbs, which is ½ cup)
- 1 Tbs. baking powder
- 1 ½ tsp. baking soda
- ¾ tsp. salt
- 1 ½ Tbs. Ener-G egg replacer

Add Wet:

- 3 cups water
 - 6 Tbs. olive oil
- Preheat griddle to 325°.

Mix dry ingredients in a large bowl. Add wet to dry, and stir just until combined. Spoon onto buttered griddle. Cook until bubbles start to form on surface of pancakes. Turn and cook another 4 minutes or so.

Pancakes keep in a Tupperware container in the fridge for several days. To reheat, put several pancakes in microwave and heat about 30 to 45 seconds. Spread with jam or syrup.