

Magic Mix

Ingredients

- 4 cups nonfat dry milk powder
- 1 cup enriched flour
- $\frac{1}{3}$ cup canola oil

Directions

1. Put ingredients into large bowl and mix until it looks like course cornmeal.
2. Refrigerate in tightly covered container. Keeps about 3 months in refrigerator.

Nutrition Facts

Serving Size $\frac{1}{3}$ cup (31.3g)
Servings Per Container 15

Amount Per Serving

Calories 140 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 100mg **4%**

Total Carbohydrate 16g **5%**

Dietary Fiber 0g **0%**

Sugars 9g

Protein 7g **14%**

*Percent Daily Values are based on a 2,000 calorie diet.

