

Biscuits

Makes 10 to 12 biscuits

- 2 cups Master Mix
 - $\frac{1}{2}$ - $\frac{3}{4}$ cup water or low-fat milk
1. Measure Master Mix into bowl; add water and stir.
 2. Add more water, as needed, 1 Tablespoon at a time, to form a soft dough.
 3. Knead gently about 12 times in the bowl or on a surface sprinkled with Master Mix.
 4. Roll or pat to $\frac{1}{2}$ -inch thickness. Cut into circles using a floured biscuit cutter or glass, or cut into squares or triangles with a knife.
 5. Bake on ungreased baking sheet (any size) at 450°F for 12 to 15 minutes.

Nutrition Facts	
Serving Size 1 biscuit (34.38g)	
Servings Per Container 12	
Amount Per Serving	
Calories 100	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	6%

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



Pancakes

Makes 4 servings

- 2 cups Master Mix
 - $1\frac{1}{2}$ cups water or low-fat milk
 - 1 egg, beaten
1. Combine all ingredients, stirring just enough to moisten dry ingredients.
 2. Coat griddle, fry pan, or electric skillet with non-stick spray.
 3. Drop batter by spoonfuls onto hot surface.
 4. Turn when bubbles appear on the surface of the cakes. Cook until well-browned.



Nutrition Facts	
Serving Size 2 pancakes (174.88g)	
Servings Per Container 4	
Amount Per Serving	
Calories 330	Calories from Fat 110
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 640mg	27%
Total Carbohydrate 43g	14%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 10g	20%

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

Variations:

Waffles- Add 1 Tablespoon canola oil to pancake mixture. Bake in preheated waffle iron. Makes 4 small waffles.

Pumpkin Pancakes or Waffles- Add 1 cup of canned pumpkin, 1 teaspoon cinnamon and $\frac{1}{2}$ teaspoon ginger to the batter. If batter is too thick, add water or milk a little at a time.

Fruit Pancakes or Waffles- Add small pieces of your favorite fruit to the batter. Try blueberries, shredded apple, or diced bananas. Or, add the fruit on top after cooking.