

Breadsticks

Makes 12 breadsticks

- 1 cup Master Mix
 - ½ cup flour
 - ½-¾ cup water (approximate)
 - Sesame or caraway seeds (optional)
1. Mix dry ingredients. Add enough water to form soft dough.
 2. Knead 12 times in the bowl or on surface sprinkled with flour or Master Mix.
 3. Shape into pencil-like strands ½-inch thick. Cut into 3-inch lengths. Roll in sesame or caraway seeds, if desired.
 4. Bake on ungreased baking sheet (any size) at 400°F for about 15 to 20 minutes or until brown. For extra crispness, when sticks are brown, turn off oven and leave sticks in oven for about 5 minutes.

Nutrition Facts

Serving Size 1 breadstick (27.33g)	
Servings Per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	4%

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

Banana Bread

Makes 1 loaf. 8 slices.

- 2 eggs
 - ⅓ cup water or low-fat milk
 - ⅓ cup sugar
 - ½ teaspoon baking soda
 - 1¼ cups mashed bananas (about 3)
 - 2½ cups Master Mix
 - ¼ cup chopped nuts (optional)
1. Beat eggs, water and sugar in a bowl until well blended. Add baking soda and bananas.
 2. Stir in Master Mix and nuts until all dry ingredients are coated.
 3. Pour into 9x5x3-inch loaf pan coated with non-stick spray. Bake at 350°F for 40 to 45 minutes or until brown.



Nutrition Facts

Serving Size 1 slice (121.24g)	
Servings Per Container 8	
Amount Per Serving	
Calories 290	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 480mg	20%
Total Carbohydrate 45g	15%
Dietary Fiber 3g	12%
Sugars 18g	
Protein 7g	14%

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