



Mix It Up

Cooking Guide for Bulk Mixes

Bob's Red Mill 8 GRAIN CEREAL MIX

Bring 3 cups water and ½ teaspoon salt to a boil. Add 1 cup cereal and reduce heat. Cover and cook for about 10 minutes, stirring occasionally. Makes enough for four hungry folks. Serve with honey and milk. Also great with fruit and/or nuts.

Bob's Red Mill 5 GRAIN HOT CEREAL MIX

Stir 1 cup cereal into 2½ cups boiling water. Reduce heat and cook for 10-15 minutes. Stir occasionally. Add salt to taste. Makes 2 cups. Serve with honey and milk.

Daddy's Muesli ORGANIC MUESLI

Add milk or apple juice and enjoy cold, or add liquid and heat gently until the grains are soft.

Grizzlies Organic SWISS-STYLE MUESLI

Cold: Pour milk over muesli and let sit 5 minutes to soften.

Hot: Simmer ½ cup muesli in 1 cup water 3-5 minutes.

Cream of Wheat FARINA

Bring 2 cups water and ¼ teaspoon salt to a near boil. Remove from heat. Add ½ cup farina slowly, stirring constantly. Return to burner, bring to a boil and simmer about 3 minutes, stirring occasionally.

Grizzlies Organic PORRIDGE

Boil 1 cup of water in a saucepan. Add ½ cup of porridge. Cook on medium heat 5-7 minutes.

Bob's Red Mill 10 GRAIN PANCAKE MIX

Blend 1 cup mix with 1 egg and 1 tablespoon oil. Add water to make desired thickness of batter.

Pamela's GF BAKING & PANCAKE MIX

Pancakes: Combine ¾ cups mix, 3 eggs and 2½ cups water or milk; mix until there are no lumps.

Waffles: ¾ cups mix, 6 eggs, 2¼ cups water or milk; mix same as above.

Fisher SCONE MIX

Preheat oven to 425°F. Mix just shy of 4 cups scone mix with ¾ cup + 2 tablespoons cold water, stir until blended. Knead dough 5-6 times on a generously floured board, folding dough in half on top of itself each time. Divide dough into 3 pieces. Pat each into a 5-inch wide dome, center slightly higher than edge. Cut each dome into 4 wedges. Place scones on an ungreased baking sheet, bake 10-12 minutes or until golden brown. Optional: use fruit juice instead of water, or add fresh fruit.

Fantastic Foods TABOULI SALAD

Combine 1 cup tabouli mix with 1¼ cups boiling water and 2 tablespoons olive oil. Refrigerate for one hour. Fluff with fork. Add 2 diced large tomatoes and 2 tablespoons fresh lemon juice. Optional: add chopped fresh parsley, sliced green onions, diced cucumber, and/or fresh mint.

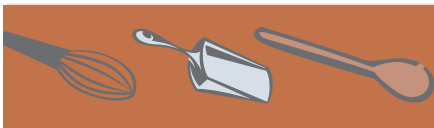
Fantastic Foods HUMMUS MIX

Combine 1 cup hummus mix with 1½ cups warm water and 3 tablespoons olive oil. Stir with fork or whisk until evenly blended. Chill 5 minutes and serve.

Fantastic Foods FALAFEL MIX

Combine 1¾ cups falafel mix with 1¼ cups water; stir well. Let stand 15 minutes. Form into 1-inch balls. Heat ½-inch vegetable oil to 375°F in a deep skillet. Fry balls until brown and crisp (about 3 minutes). Place on paper towels to absorb excess oil, and serve.





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Frontier VEGETABLE SOUP MIX

Add 1/3 cup per 1 cup of liquid and simmer until tender. Use in soups and stews, or reconstitute to use in any dish calling for cooked vegetables.

Frontier Low-Sodium VEGETABLE BROTH POWDER

Add two tablespoons broth powder to 1 cup boiling water. Simmer 1 to 2 minutes and serve.

Frontier CHICKEN BROTH POWDER

Add four teaspoons broth powder to 1 cup hot water. Simmer 1 to 2 minutes and serve.

Mary Jane Farms ORGANIC BLACK BEAN FLAKES

Add boiling water to reach desired consistency, and wait 5 minutes. Use as a side dish, burrito filling, bean dip and more.

Taste Adventure BLACK BEAN SOUP

In a bowl, combine 1 cup dry soup mix with 1 cup boiling water. Stir briefly. Cover 5 minutes and serve.

Taste Adventure CURRY LENTIL SOUP

In a bowl, combine 1/2 cup dry soup mix with 3/4 cup boiling water. Let stand 5 minutes and serve. Garnish with green onions, parsley or cilantro.

Taste Adventure SWEET CORN CHOWDER

In a bowl, combine 1/2 cup dry soup mix with 3/4 cup boiling water. Let stand 5 minutes and serve.

Taste Adventure SPLIT PEA SOUP MIX

In a sauce pan, bring 1 cup water to a boil, then add 1 cup mix. Simmer 5 minutes, stirring occasionally. Remove from heat, stir and serve. Makes about two cups of soup. Optional: Add 1/4 cup chopped carrots, 1/2 cup chopped onions, and 1 cup frozen peas to the water and bring to a boil before adding soup mix. Simmer for 10 minutes.

Frontier Organic NON-FAT DRIED MILK

Combine 3 tablespoons milk powder with 1 cup cold water. Shake well or blend to mix.

Frontier BUTTERMILK POWDER

Add 4 tablespoons powder to 1 cup cold water. Mix well and use as you would fresh buttermilk.

Town & Country SHOW ME THE WHEY

Add 1 tablespoon of powder to 1 cup of milk, juice or favorite beverage. Mix until smooth.

Town & Country SOY PROTEIN POWDER

Blend 1 tablespoon powder with 6-8 ounces of milk, juice or favorite beverage. Add fruit or other solid ingredients.

