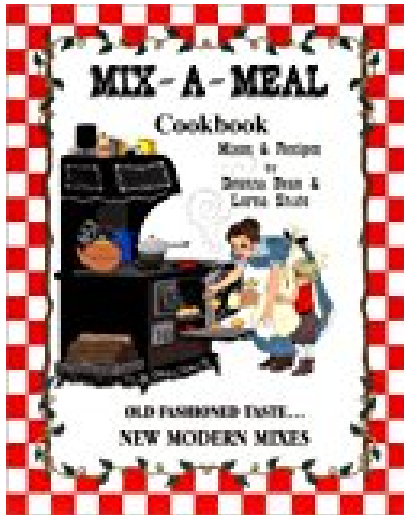


Mix-A-Meal Cookbook



BOOK DETAILS

- Author : Deanna Bean
- Pages : 124 Pages
- Publisher : Mix a Meal Co
- Language : English
- ISBN : 0970869703

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BOOK SYNOPSIS

Mix-A-Meal Cookbook features 46 original mixes over 100 easy recipes for convenient cooking or for homemade gift baskets. A wide assortment of mixes include: breads, sauces, syrups, salad dressings, cakes, cookies, candies, spices, pancakes & instant meals. Making homemade mixes saves time & up to 90% of the cost of commercial mixes. All you do is dump all the ingredients in a bowl & mix together or shake all the ingredients in a large container with a lid or in a sealed plastic bag. Its so easy, even the kids can do it! The primary ingredients used in making the mixes includes: shortening powder, either margarine or butter powder, powdered milk, dehydrated whole eggs, cheese sauce, tomato powder & powdered flavorings (maple, vanilla, orange, lemon, butterscotch & cinnamon). Sources are included in obtaining mix ingredients. In many recipes preservatives can be significantly lowered or eliminated. For individuals requiring special diets, many ingredients can be easily modified or eliminated. For example, in the French Dressing recipe applesauce can be substituted for oil for a wonderful fat-free dressing! The delicious homemade mixes are shelf stable--a perfect option for traveling, backpacking, camping or emergencies. Order direct from the publisher or Baker & Taylor.

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