

March Mixes



DIY mixes for convenience

SimplyFrugal.ca

March Mixes

DIY mixes for convenience

by Taya Knight

editor/author of SimplyFrugal.ca



All contents copyright © 2013 by Taya Knight.
All rights reserved.

forward

This ebook is made up of a series of posts that appeared on SimplyFrugal.ca throughout the month of March 2013 that had been dubbed *March Mixes*. You'll find all of the tried and true recipes for DIY baking and cooking mixes that were featured, all in one convenient ebook!

Inspired by the desire in my own life to simplify meal preparation, I knew creating a bunch of mixes with convenience in mind would not only help, but also encourage more healthful eating. Not only can store bought mixes be quite costly, they can be full of additives which tend to not help us health-wise in the least!

So, why don't you join me by following along with the recipes, then creating your own mixes to add to your pantry?

table of contents

Pancake Mix	4
Healthy Whole Grain Pancake Mix	5-6
Taco Seasoning	7
Ranch Dip	8
Brownie Mix	9
Granola	10
Cake Mix	11-12
Instant Oatmeal	13
Greek Seasoning	14
Baking Mix (Bisquick)	15
Montreal Steak Spice	16
Ever-ready Bran Muffins	17-18
Bread Mix	19
Cookie Mix	20-21
Pudding Mix	22-23
Printable Recipe Cards	23-25



Homemade Pancake Mix

Ingredients

- 4 cups flour (can substitute 1 cup whole wheat flour for 1 cup all-purpose flour)
- 3 tablespoons baking powder
- 2 teaspoons baking soda
- 1 teaspoon salt
- 3 tablespoons sugar
- 1/2 tablespoon cinnamon (optional)

Instructions

1. Combine all ingredients in a bowl. Place and store in an air-tight container to use within 3 months.

To make pancakes:

2. In a bowl, combine 1 cup of dry pancake mix, 1 egg, 1 cup of milk, 1 teaspoon oil or melted butter, and 1 teaspoon vanilla extract. Heat pan over medium heat and lightly grease with butter. Pour 1/4 cup of pancake batter in the pan. Once the batter has begun to bubble significantly, carefully flip the pancake. Cook for another 1-2 minutes or until the second side is golden brown.
3. Note: Will make approximately 8 pancakes.



Healthy Whole Grain Pancake Mix

Ingredients

For the Mix:

- 3 1/2 cups old-fashioned rolled oats
- 2 cups whole wheat white flour
- 3 cups all-purpose flour
- 3 tablespoons sugar
- 3 tablespoons baking powder
- 1 tablespoon salt
- 1 tablespoon baking soda
- 1/2 tablespoon cinnamon (optional)
- 3/4 cup vegetable oil (or coconut oil, grape seed oil)

For the finished cooked pancakes

- 1 cup mix
- 1/2 cup milk
- 1/2 cup plain yogurt (or vanilla yogurt)
- 1 egg

Instructions

To make the Mix

1. Grind oats in a food processor unit they're chopped fine.
2. Mix the ground oats, flours, and remaining dry ingredients in large bowl until combined.

3. Drizzle in the oil. Stir until the mix clumps together in your hand. (If need be, add 1 tablespoon of oil at a time until the mixture clumps.)
4. Store in an airtight container in the freezer indefinitely.

To make Pancakes

5. Whisk together 1 cup mix with 1/2 cup milk, 1/2 cup yogurt, and 1 egg.
6. Let stand 15 minutes to thicken.
7. Heat a nonstick pan over medium heat.
8. Using 1/4 cup, spoon batter onto pan.
9. Cook 3-4 minutes on each side until lightly browned.



Homemade Taco Seasoning

Ingredients

- 4 Tablespoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 tsp crushed red pepper flakes (optional)
- 1 teaspoon dried oregano
- 2 teaspoons paprika
- 6 teaspoons ground cumin
- 2 teaspoons salt (more or less to taste)
- 4 teaspoons black pepper (more or less to taste)

Instructions

1. Mix all ingredients in a bowl.
2. Add to a spice container.
3. Add 2 to 3 tablespoons of this mixture plus 1/2 to 3/4 cup of water to one pound of cooked meat.



Homemade Ranch Mix

Ingredients

- 5 tablespoons dried minced onions
- 1 teaspoon garlic powder
- 7 teaspoons parsley flakes
- 2 teaspoons salt

Instructions

1. Mix together and store in an air tight container.

For dip:

2. Mix 1 Tablespoon dry mix with 1/4 cup mayonnaise and 3/4 cup plain yogurt.

For dressing:

3. Mix 1 Tablespoon dry mix with 1/2 cup mayonnaise and 1/2 cup buttermilk.



Homemade Brownie Mix

Ingredients

- 1 1/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2/3 cup unsweetened cocoa powder
- 2 cups white sugar

Instructions

1. Mix ingredients together and place in a jar or container. When you are ready to make brownies add 1 cup melted butter, 3 eggs, 1 teaspoon vanilla.
2. Mix until well combined.
3. Grease a 9×13 pan.
4. Spread batter evenly and bake at 350 for 25 minutes or until done.



Homemade Granola

Ingredients

- 2 cups rolled oats
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 1/4 cup sliced almonds
- 2 Tbsp oil (I use coconut oil)
- 2 Tbsp honey
- 1/4 tsp vanilla

Instructions

1. Preheat oven to 325 degrees.
2. In a large roasting pan, stir together the dry ingredients.
3. In a small bowl, combine the oil, honey and vanilla.
4. Drizzle the wet ingredients over the dry ingredients in the roasting pan. Stir well until everything seems coated. (extra oil or honey may be added as needed)
5. Bake in preheated oven for 40 minutes, stirring every 10 minutes.
6. Once cooled, store in an airtight container for up to three months.



Homemade Cake Mix

Ingredients

For the Mix:

- 2 1/3 cups all-purpose flour
- 1/3 cup skim milk powder
- 3 tsp baking powder
- 1/2 tsp salt
- 1 1/2 cups sugar
- 1/2 cup plus 1 Tbsp butter
- 1/4 cocoa (leave out if making yellow cake mix)

For the Cake:

- 2 eggs
- 1 cup water
- 1 tsp vanilla
- 1 package/jar of mix

Instructions

1. Mix together the flour, skim milk powder, baking powder, salt, sugar, butter and cocoa powder (if making chocolate flavour) in a food processor.
2. Store mix in an air tight container or Ziploc bag in the freezer for up to 2 months.

To make the cake:

3. Preheat oven to 350 degrees.
4. Grease a 9x13 inch cake pan
5. Combine the eggs, water, vanilla and dry mix in a bowl. Mix well.
6. Pour into the greased pan.
7. Bake for 25 - 30 minutes.
8. Cool and frost as desired.

Notes

Makes enough for two 9-inch layer cakes (bake 25 - 30 minutes), or one 9X13-inch cake (bake for 25 - 30 minutes), or 24 cupcakes (bake for 18 to 20 minutes)



Homemade Instant Oatmeal

Ingredients

- 4 cups oats (old fashioned)
- 1/2 cup dried fruit (I like cranberries)
- 1/2 cup chopped nuts (almonds are my fav)
- 2 Tbsp ground flax
- 1/2 cup brown sugar
- 1/4 tsp salt

Instructions

1. Preheat oven to 325 degrees.
2. Roast nuts for 5 minutes or until lightly toasted; set aside.
3. In a large mixing bowl, combine all ingredients including the toasted nuts.
4. Store in an air tight container for up to 1 month.

To Make Oatmeal:

5. Scoop out 1/3 cup of the oatmeal mixture and place in a bowl with ½ cup water. Microwave for 90 seconds - 2 minutes, or until liquid is absorbed.



Homemade Greek Seasoning

Ingredients

- 3 teaspoons dried oregano
- 2 teaspoon dried basil
- 1 teaspoon dried thyme
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder

Instructions

1. Combine oregano, basil, thyme, onion, and garlic in a small bowl.
2. Store in an airtight container in a cool, dry place up to 6 months.



Homemade Baking Mix

Recipe adapted from [All Recipes](#).

Ingredients

- 5 cups all-purpose flour
- 1/4 cup baking powder
- 2 Tbsp sugar
- 1 tsp salt
- 1 cup butter

Instructions

1. In a large bowl mix together the flour, baking powder, sugar, and salt. Cut in butter until mixture resembles coarse crumbs.
2. Store in an airtight container for up to 4 weeks or in the freezer for up to 6 months.

Notes: To make this a whole wheat version: Replace 3 cups all-purpose flour with 3 cups whole wheat flour and add 2 more tablespoons of baking powder.



Homemade Montreal Steak Spice

Ingredients

- 1 Tbsp black pepper
- 1 Tbsp onion flakes
- 1 Tbsp dehydrated garlic
- 1 tsp Dill seed
- 1 tsp Coriander
- 1 tsp Red pepper flakes
- 1 tsp Parsley
- 1 tsp coarse salt
- 1 tsp Thyme
- 1 tsp Paprika

Instructions

1. Combine all the spices in a small bowl.
2. Store in an airtight container in a cool, dry place up to 6 months.



Ever Ready Bran Muffins

Ingredients

- 3 cups all-purpose flour
- 1 cup whole wheat flour
- 4 cups natural bran
- 4 tsp baking soda
- 4 Tbsp flaxseed
- 2 tsp sea salt
- 1 cup brown sugar
- 4 cups buttermilk
- 1 1/2 cups unsweetened applesauce
- 3 eggs, well beaten

Instructions

To prepare the mix for storage in the fridge:

1. Combine all dry ingredients in a large mixing bowl
2. Combine all wet ingredients in a medium mixing bowl
3. Pour wet ingredients into dry ingredients and mix JUST until combined.
4. Place the mixture in an empty ice cream pail or empty container and store in the fridge for up to 6 weeks.

To bake the muffins:

1. Preheat oven to 425 degrees.
2. Prepare muffin tin by greasing or lining with paper cups.
3. Spoon batter into prepared muffin cups until 3/4 full.
4. Place in preheated oven and bake for 15 minutes or until golden brown.



Whole Wheat Bread Mix

Instructions

- 8 cups all-purpose flour
- 5 cups whole wheat flour
- 2 Tbsp salt
- 1/2 cup sugar
- 1/2 cup dry milk powder

Mix those ingredients together until they are well blended. Pour 4 cups of mixture into four different bags or jars and label Whole Wheat Bread Mix. When you are ready to bake add to your bread machine:

- 1 1/4 cup warm water
- 1 1/2 Tbsp oil
- 1 bag/jar of Whole Wheat Bread Mix
- 2 tsp bread machine yeast

Put your bread machine on the basic setting and then press start.



Homemade Cookie Mix

Ingredients

- 3 1/2 cups flour
- 1 1/2 tsp baking soda
- 1 tsp salt
- 1 1/2 cups packed brown sugar
- 1/2 cup white sugar
- 1 cup chocolate chips
- 1 1/2 cups unsalted butter
- 2 eggs
- 1 1/2 tsp vanilla

Instructions

1. Mix together flour, baking soda and salt, brown sugar, white sugar and chocolate chips.
2. In a medium bowl, mix butter, eggs and vanilla extract.
3. Combine the dry ingredients with the wet ingredients and mix well.
4. Shape dough into 1 inch balls and place on a cookie sheet.
5. Place cookie sheet into the freezer for one hour. Place dough balls into a freezer bag.
6. Makes about 4 dozen cookies.

To bake:

7. Place cookie dough balls onto a cookie sheet to thaw.
8. Preheat oven to 375 degrees.
9. Bake for 9 - 11 minutes or until golden brown.

If you would rather make a mix (for gift giving?) follow these instructions:

- Combine 1 3/4 cups all-purpose flour with 3/4 tsp baking soda and 1/2 tsp salt; pour into a 1L jar.
- Layer 1/2 cup chocolate chips, 3/4 cup brown sugar, and 1/4 cup white sugar, pressing down firmly after each layer.
- Close jar and attach these directions:
- Preheat oven to 375°F. Beat 3/4 cup softened unsalted butter, 1 large egg and 3/4 teaspoon vanilla extract in large bowl. Add cookie mix and beat until combined. Drop by rounded tablespoon onto ungreased baking sheets. Bake for 9 to 11 minutes or until golden brown. Makes about 2 dozen cookies.



Homemade Pudding Mix

Ingredients

- 2 1/2 cups dry milk powder
- 1 1/2 cups sugar
- 3/4 cups corn starch
- 1 tsp salt
- 3/4 cup cocoa

Instructions

To make the pudding mix:

1. Combine all dry ingredients in a bowl.
2. Store in an airtight container for up to 2 months

To make the pudding:

3. In a double boiler, add 1/4 cup pudding mix to 2 1/2 cups warm water.
4. Stir until thickened. Cover and cook for 10 minutes.

5. Add 1 tsp butter and remove from heat.
6. Beat 1 egg with half of the pudding mixture, then blend it together with the other half slowly so the pudding doesn't get lumpy.
7. Cook one more minute.
8. Stir in 3/4 tsp vanilla.

printable recipe cards

These are the instructions that are to be placed with your mixes so you can easily prepare them.

To Make Pancakes:

Combine:

- 1 cup of dry pancake mix
- 1 egg
- 1 cup of milk
- 1 teaspoon oil or melted butter
- 1 teaspoon vanilla extract

Heat pan over medium heat and lightly grease with butter. Pour 1/4 cup of pancake batter in the pan. Once the batter has began to bubble significantly, carefully flip the pancake. Cook for another 1-2 minutes or until the second side is golden brown.

To Make Whole Grain Pancakes:

Combine:

- 1 cup mix
- 1/2 cup milk
- 1/2 cup yogurt
- 1 egg

Let stand 15 minutes to thicken. Heat a non-stick pan over medium heat. Using 1/4 cup, spoon batter onto pan. Cook 3-4 minutes on each side until lightly browned.

To use Taco Seasoning::

Add 2 to 3 tablespoons of the taco seasoning plus 1/2 to 3/4 cup of water to one pound of cooked meat.

To Make Ranch Dip:

Mix 1 Tablespoon dry mix with 1/4 cup mayonnaise and 3/4 cup plain yogurt.

To Make Ranch Dressing:

Mix 1 Tablespoon dry mix with 1/2 cup mayonnaise and 1/2 cup buttermilk.

To Make Brownies:

1. Combine 1 cup melted butter, 3 eggs, 1 teaspoon vanilla with the dry brownie mix.
2. Grease a 9x13 pan.
3. Spread batter evenly and bake at 350 degrees for 25 minutes or until done.

To Make the Cake:

1. Preheat oven to 350 degrees.
2. Grease a 9x13 inch cake pan
3. Combine the eggs, water, vanilla and dry cake mix in a bowl. Mix well.
4. Pour into the greased pan.
5. Bake for 25 - 30 minutes.
6. Cool and frost as desired.

Notes

Makes enough for two 9-inch layer cakes (bake 25 - 30 minutes), or one 9X13-inch cake (bake for 25 - 30 minutes), or 24 cupcakes (bake for 18 to 20 minutes)

To Make the Oatmeal:

Scoop out 1/3 cup of the oatmeal mixture and place in a bowl with 1/2 cup water. Microwave for 90 seconds - 2 minutes, or until liquid is absorbed.

To bake the Ever-Ready Bran muffins:

1. Preheat oven to 425 degrees.
2. Prepare muffin tin by greasing or lining with paper cups.
3. Spoon batter into prepared muffin cups until 3/4 full.
4. Place in preheated oven and bake for 15 minutes or until golden brown.

To Make Whole Wheat Bread:

Combine in a bread maker in this order:

- 1 1/4 cup warm water
- 1 1/2 Tbsp oil
- 1 bag/jar of Whole Wheat Bread Mix
- 2 tsp bread machine yeast
- Put the bread machine on the basic setting and then press start.

To Bake Cookies:

- Preheat oven to 375 degrees.
- Beat 3/4 cup softened unsalted butter, 1 large egg and 3/4 teaspoon vanilla extract in large bowl. Add cookie mix and beat until combined.
- Drop by rounded tablespoon onto ungreased baking sheets.
- Bake for 9 to 11 minutes or until golden brown. Makes about 2 dozen cookies.

To Make Pudding:

- In a double boiler, add 1/4 cup pudding mix to 2 1/2 cups warm water.
- Stir until thickened. Cover and cook for 10 minutes.
- Add 1 tsp butter and remove from heat.
- Beat 1 egg with half of the pudding mixture, then blend it together with the other half slowly so the pudding doesn't get lumpy.
- Cook one more minute.