

# *Basic Bread Mix*

Makes 6 servings.

20 minutes

*2 c milk*

*1/3 c vegetable oil*

*1 tsp salt*

*1 tbsp baking powder*

*1 med egg beaten*

*2 c flour sifted*

## **Pancakes:**

Mix flour, salt, and baking powder. Cut in oil until mixture is crumbly. Stir in milk and egg. Add additional flour to thicken, or milk to thin, as necessary. Heat skillet or griddle over medium heat until a drop of water skitters around. Grease skillet with oil or non-stick pan spray the first time. Cook until bubbles cease to form, turn and cook 1 minute longer (or until browned on bottom).

## **Biscuits:**

Omit eggs and half of milk. Follow instructions as with pancakes. Knead in additional flour if necessary to roll out, but leave as moist as possible. Cut into biscuits and bake at 425° for 8-10 minutes, until golden.

## **English muffins:**

Omit eggs and half of milk. Follow instructions as with pancakes. Drop batter onto hot skillet or griddle (medium heat) to make muffins 3-4" in diameter and 1/2" thick. Brown on one side and then the other.

## **Substitutions:**

Sour milk or buttermilk may be substituted for milk, but use only 1 tsp. baking powder and add 1/4 tsp. baking soda

by Betty Crocker

Per serving (excluding unknown items): 320.4 Calories; 15.9 Fat (44.9 calories from fat); 7.9 Protein; 36.2 Carbohydrate; 41 Cholesterol; 586 Sodium.