



Whole Wheat Master Mix

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Yield: 14 cups

### Ingredients:

6 tablespoons baking powder  
4½ teaspoons salt  
1 tablespoon cream of tartar  
1¼ cups nonfat dry milk powder  
¼ cup sugar  
5 cups all-purpose flour  
5 cups whole wheat flour  
1 pound margarine

### Procedure:

Stir baking powder, salt, cream of tartar, dry and milk and sugar into unsifted flour and mix well. With two knives, a fork or a pastry blender, cut in the margarine until mixture resembles coarse cornmeal. (The more finely divided the margarine, the more tender your baked products will be.) Place mix in container with a tight lid and store in the refrigerator for up to three months.

contains about 600 calories, 27 grams of fat and 7 grams of fiber per cup

**This fiber-rich mix can be used to make pancakes, dumplings and biscuits in short order.**