

Instant Pie Crust

1 cup pie crust mix
¼ cup cold water

Meringue

¼ cup meringue powder
2 cups sugar
1 ¾ cups water
Beat until fluffy. Add sugar and whip until firm, about 7 minutes.

Bakers Custard

Mix 3 tbsp custard powder and 3 tbsp sugar and ½ cup cold milk. Stir into 2 cups boiling milk until thickened.

Chicken Coater

Coat wetted fresh chicken with dry mix. Deep fry as required.

Fish & Chip Batter

2 2/3 cups mix
2 ¼ cups water.
Dip fish and deep fry.

Cream of Mushroom Soup

½ cup mix 1 cup cool water
1 cup cool milk
Simmer for 3 minutes.

Clam Chowder

1/3 cup mix 1 cup cool water
1 cup cool milk
Simmer for 20 minutes.

Beef or Chicken Gravy

1/3 cup mix 2 cups water
Boil, simmer for 3 minutes

All Soup Bases

¼ cup mix
4 cups water

Macaroni Cheese Mix

4 tbsp cheese mix
3 tbsp butter
¼ cup milk
Combine ingredients and add to cooked macaroni.

Unflavoured Gelatin

Dissolve 2 tsp of gelatin in 2 cups cold water. Add to desired recipe

9 Grain Bread Mix

3 cups mix (1lb)
1 cup warm water
1 tsp instant yeast

Instant Ice Tea Mix

1 Tbsp mix
1 cup cold water
Serve on ice.

Fruit Flavoured Crystals

½ cup mix
4 cups water

Pizza Dough

3 ½ cups pizza dough mix
1 Tbsp yeast
1 ¼ cup warm water
Mix and let rise 5-10 minutes.

Pancakes

3 cups pancake mix
2 ¼ cups water
Mix 1 minute.
Yield 20 pancakes

Oat Bran Cereal

1/3 cup cereal
1 cup water salt
Simmer for 3 minutes.

8 or 12 Grain & Red River Cereal

1 cup mix
2 ½ cups water salt
Simmer for 3-5 minutes.

Long Grain, Brown & Wild Rice

1 cup rice
3 cups water
1 tsp salt
Bring water and salt to boil. Add rice. Cook covered for 30-45 minutes.

White & Brown Basmati Rice

Soak rice for ½ hour
2 cups rice 3 cups water
1 tsp oil salt
Bring to boil. Lower temperature and cook for 20 minutes.

Instant Rice

1 cup rice 1 cup water
Bring to boil. Cover tightly, remove from heat and let stand 5 minutes.

Parboil Rice

2 ½ cups water
1 ¼ cup rice
1 ½ tsp salt
1 Tbsp butter
Bring water and salt to boil. Add rice and butter, cover tightly. Simmer for 20-25 minutes.

Deluxe variety Cookies

3 cups cookie mix 1 egg
2 Tbsp Corn Syrup ¼ cup butter
Add butter to dry mix, mix for 2 min.
Add egg and syrup, mix for 1 min.
bake at 375 for 10-12 min.

White Cake w/pudding

3 cups mix 4 eggs
2/3 cup oil 1/3 cup water
Add all ingredients, mix for 2 min, scrape down bowl, mix for 2 min.
Bake at 350 for 25-30 min.

Angel Food Cake

2 cups angel food cake mix
1 ¼ cups cold water
Mix for 5 minutes. Bake 375 for 22-26 minutes.

Oatbran, Plain or Bran Muffins

3 cups muffin mix
1 cup water
Bake at 375 for 15-25 minutes.

Low-Fat Bran Muffins

4 cups low-fat muffin mix
1 cup water

Tea Biscuits

3 cups tea biscuit mix
1 cup cold water
2 oz raisins
Mix let rise for 10 minutes. Cut biscuits.
Let rise 10 minutes. Bake at 420 for 10-12 minutes.

Refrigerator Cheesecake

1 cup cheesecake mix
1 cup cold milk
Add mix gradually, beat for 2 minutes.
Pour over crust. Refrigerate for 1 hour.

Brownies

3 cups brownie mix
2/3 cup hot water
¾ cup walnuts or chocolate chips (optional)
Stir 1/3 cup hot water for 1 min. add additional 1/3 cup, stir for 1 min. Bake at 325 for 25 minutes.

Chocolate Chip Cookies

3 cups cookie mix
1 egg beaten
4 Tbsp softened butter or margarine
Blend together. Bake at 375 for 10 minutes.

Pound Cake

4 cups pound cake mix
1 cup water
4 eggs
Add eggs and water to mix, beat for 2 min. Bake at 325 for 55-60 min.

Oatmeal Cookies

3 cups mix
1/3 cup water
¼ cup raisins or chocolate chips (optional)
Mix 1 minute. Scrape bowl. Mix 2 minutes. Bake at 350 on lined baking pan 13-14 minutes.

Macaroon Cookies

4 cups macaroon cookie mix
1 cup boiling water
Mix 1 minute. Rest 2 min. Mix 1 min.
Drop onto lined baking tray.
Bake at 400 for 15 minutes.

Carrot Cake/Muffins

3 cups carrot cake mix 1/3 cup oil
2/3 cup water 1 cup shredded carrot
Mix 1 min. Bake at 325 for 45 min for cake or 25 min for muffins.

White Cake

3 cups white cake mix
1 cup water 4 eggs
Add half water, beat for 2 min. Add remaining water, beat for 2 min. Add eggs, beat for 5 min on med speed.
Bake at 375 for 16-20 min for 8 in cake.

Chocolate Cake

3 cup chocolate cake mix
2 cups water
1/3 cup oil
Mix for 2 min on med speed. Scrape bowl, mix for 2 min. Bake at 350 for 22-25 min for 8 in cake.

Deluxe Loaf or Muffins

3 cups deluxe loaf mix
3 eggs 2/3 cup water
2/3 cup oil ½ tsp flavouring
1 cup cherries/chocolate chips
Mix together. Grease tube pan or loaf pan. Bake at 325 for 55-60 minutes.

Minute Tapioca

1 egg (slightly beaten)
3 tbsp tapioca 1/8 tsp salt
2 ¾ cups milk ¼ cup sugar
Let stand 5 minutes. Cook over medium heat. Remove from heat, add ¾ tsp vanilla. Makes 5 servings.

Hot Chocolate

2-3 Tbsp hot chocolate powder
1 cup boiling water

Skim Milk

½ cup skim milk powder
4 ¼ cups cold water

Soya Milk

½ soya milk powder
4 cups cold water



Bulk & Natural Foods

28 Cromer Ave
Grand Falls-Windsor, NL
Ph: 709-489-9768
Fax: 709-383-0148

www.scoopandsavenl.com
info@scoopandsavenl.com
sales@scoopandsavenl.com