



## Bakery Mix, Low-fat

MyPlate Food Group: **Grains**

USDA  
**Foods**

### Nutrition Information

- $\frac{1}{4}$  cup of low-fat bakery mix counts as 1 ounce of grain in the ChooseMyPlate.gov Grains group. Low-fat bakery mix is a refined grain.
- Grains are divided into 2 subgroups: Whole Grains and Refined Grains.
- Refined grains have been milled, a process that removes the bran and germ. This process also removes dietary fiber, iron, and many B vitamins. Examples of refined grain products are white flour, white bread, and white rice.
- Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
- Whole grains contain the entire grain kernel — the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
- For specific information about low-fat bakery mix, please refer to the product's Nutrition Facts Panel or ingredient list.

### Uses and Tips

- Low-fat bakery mix is a time saver in the kitchen. Use it as the base for muffins, pancakes, and other quick breads.
- Prepared low-fat bakery mix can be used as a crust topping for casseroles, fruit crisps, or other baked dishes.

### Storing Foods at Home

- Store low-fat bakery mix in a cool, clean, dry place.
- After opening, keep package tightly closed.
- To keep it fresh longer, low-fat bakery mix may be stored in the refrigerator in an air tight container not made from metal.

### MyPlate Facts

- Try to make at least  $\frac{1}{2}$  of the grains you eat each day whole grains.
- Grains are important sources of many nutrients, including dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes.
- Fiber is important for proper bowel function. It helps reduce constipation and promotes regularity. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.



## USDA Foods

### Biscuits

Makes 10 servings

#### Ingredients:

2 cups low-fat bakery mix

½ cup water

⅓ cup raisins (optional)

**Directions:** Wash hands with soap and water.

1. Preheat oven to 400 degrees F.
2. In a medium bowl add bakery mix, water, and raisins (if using). Stir about 20 times.
3. Take dough out of bowl and put it on a lightly floured board or table top.
4. Use your hands to knead the dough 2-5 times. Roll dough out and pat to a ¼-inch thickness. Cut dough with a biscuit cutter or cut into squares with a knife.
5. Bake on ungreased pan for 12-15 minutes.

To vary, add cheese or crumbled bacon to the dry mix.

*Recipe adapted from Mississippi State University Extension Service*

### Zucchini Bread

Makes 12 servings

#### Ingredients:

2 eggs

⅔ cup brown sugar

½ teaspoon baking soda

1¼ teaspoons cinnamon

1 teaspoon vanilla extract

1½ cups zucchini, shredded

¼ cup water

2½ cups low-fat bakery mix

¼ cup raisins (optional)

¼ cup nuts, chopped (optional)

**Directions:** Wash hands with soap and water.

1. Beat eggs and sugar together in a bowl until well blended.
2. Mix in baking soda, cinnamon, vanilla, zucchini, and water.
3. Add bakery mix and stir until dry ingredients are coated.
4. Gently stir in raisins and nuts, if desired.
5. Pour batter into a greased 9x5 inch loaf pan. Bake at 350 degrees F for 45-55 minutes or until brown.

*Recipe adapted from North Dakota State University*