



Oatmeal Raisin Muffin Mix

(Store jar in refrigerator and use within 1 month)

1 jar Oatmeal Raisin Muffin Mix
1 egg
 $\frac{2}{3}$ cup water
Cooking spray

Preheat oven to 425°F. Mix egg and water in large bowl. Add contents of jar, except raisins. Stir slightly; batter should be lumpy. Add raisins to batter. Line muffin tins with baking cups and spray lightly with cooking spray. Fill muffin cups $\frac{2}{3}$ full. Bake at 425°F for 18 to 20 minutes or until golden brown.



Apple Crisp

(Use mix within 2 months)

4 cups tart apples, peeled and sliced
3 tablespoons butter
1 tablespoon lemon juice
1 jar Apple Crisp Topping

Preheat oven to 350°F. Place apples in an 8x8-inch baking pan. Sprinkle lemon juice over apples. In a small bowl, empty contents of topping jar. Combine butter with topping mixture until crumbly. Sprinkle topping evenly over apples. Bake at 350°F until apples are tender and topping is lightly browned, about 40 minutes.



Cranberry Rice Pilaf Mix

(Use mix within 3 months)

1 jar Cranberry Rice Pilaf Mix
2 $\frac{1}{4}$ cups water
2 tablespoons butter

Place contents of pilaf mixture in a pan with 2 $\frac{1}{4}$ cups water and 2 tablespoons butter. Cover and bring to a boil. Reduce heat and simmer, covered, for 20 minutes or until water is absorbed.



Minestrone Bean Soup Mix

(Use mix within 6 months)

1 jar Minestrone Soup Mix	4 carrots, sliced
4 cups low-sodium beef or chicken stock	4 cups canned tomatoes
4 celery stalks, sliced	6 cups water

Remove spice and pasta bags from jar of beans. Wash and pick over beans. Put soup mix and water into a large pot. Bring to a boil and boil for 2 minutes. Remove from heat and allow to stand for 1 hour. (this is the way to “jump-start” beans so you don’t have to soak them overnight). Add other ingredients, except macaroni, and bring to a boil. Lower heat, cover and simmer for 2 hours or until all the ingredients are tender. Add macaroni and cook 30 minutes. If soup seems too thick, add extra water.

Apple Crisp

Nutrition Facts

9 servings per container
Serving size 1 piece (79g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 17g	
Includes 12g Added Sugars	24%

Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 105mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Oatmeal Raisin Muffin Mix

Nutrition Facts

12 servings per container
Serving size 1 muffin (33g)

Amount per serving
Calories 70

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 15mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%

Protein 2g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 106mg	2%

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Minestrone Bean Soup Mix

Nutrition Facts

8 servings per container
Serving size 1 cup (369g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 44g	16%
Dietary Fiber 8g	29%
Total Sugars 6g	
Includes 0g Added Sugars	0%

Protein 11g	
Vitamin D 0mcg	0%
Calcium 96mg	8%
Iron 2mg	10%
Potassium 835mg	20%

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Cranberry Rice Pilaf Mix

Nutrition Facts

8 servings per container
Serving size 1/2 cup (115g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 170mg	7%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 2g Added Sugars	4%

Protein 3g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 94mg	2%

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