

MIX IN JARS

Pantry Mix Cookbook



COOK FROM SCRATCH IN HALF THE TIME

Your Secret? Pre-Made Mixes Ready When You Are!

What if you could skip store-bought convenience foods and **make your own** instead—with ingredients you actually recognize?

You can!

The *Mix in Jars Cookbook* helps you stock your pantry with homemade staples that **save time and money**.

- **SAVE MONEY:** Make your own pancake mix, seasoning blends, and baking mixes for a fraction of store prices—no premium packaging markup.
- **EAT CLEAN:** Control every ingredient. No fillers, no artificial flavors, no unpronounceable additives.
- **SAVE TIME:** Do the prep work now, reap the rewards later. When it's time to cook, just grab a jar, add liquid, and go.

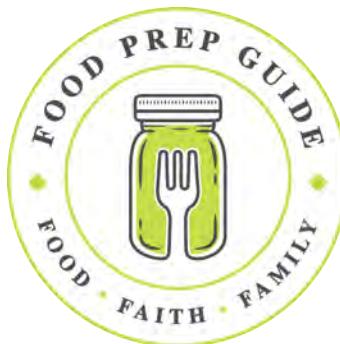
Ready to simplify your cooking routine without sacrificing quality? Turn staple recipes into quick “just-add-liquid” solutions.

MIX ONCE—COOK FAST FOR MONTHS!



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Welcome to Food Prep Guide!

We are a team of women who want to help you save money in the kitchen by learning traditional skills like:

- *gardening*
- *food preservation*
- *cooking from scratch*
- *food storage*
- *pantry management*
- *and more!*

We seek to do it ALL as frugally as possible—to honor the Lord as we steward our families wisely.



Three words characterize how we teach, and we believe they communicate what you can expect from all of our resources:

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FAITHFUL: God can turn a measure of oil and wheat into an endless supply of sustenance. (1 Kings 17) But an abundant storehouse means nothing if we trust in it more than we trust in Him. (Luke 12) Our trust in Jesus shapes everything we do here.

FRUGAL: Frugality isn't about cutting corners; it's about making thoughtful, intentional choices that respect our resources. We focus on money-saving strategies that maximize production and reduce waste at every stage from sowing to preserving, storing, and cooking.

EFFICIENT: Time is limited—and so is brain space. We strive to share efficient management systems alongside every skill we teach. That's why we offer printables, and planners, and cheat sheets in addition to our classes and courses.

We don't just teach the skill. We help you implement it in real life. We're glad you're here—let's get started. ❤️

IMPORTANT!

Do Not Skip

The introduction contains important details you need to know before making these recipes.

Please read!

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INTRODUCTION

We are incredibly excited to share this cookbook with you and our Food Prep Guide community!

For this busy mama, having pre-mixed pantry staples on hand has made it possible to skip convenience foods at the store and bake from scratch more often.

Before we dig into the recipes, there are a few important notes to consider.

Dehydrated vs. Freeze-Dried Foods

You'll notice some recipes in this book call for dehydrated ingredients while others call for freeze-dried—or at least mention them as an option. While both preserve food by removing moisture, they work very differently in recipes—and they are not interchangeable without adjustments.

Essentially, dehydrated foods are denser and smaller in volume, while freeze-dried foods are incredibly light, airy, and larger in volume.

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Volume Differences

For example, a 1/4 cup of dehydrated onions weighs significantly more and contains far more actual onion than a 1/4 cup of freeze-dried onions.

As a general rule of thumb:

- 1/4 cup dehydrated = approximately 3/4 cup freeze-dried
- Or flip it: 1/4 cup freeze-dried = approximately 2-3 tablespoons dehydrated

If you need to substitute one for the other in a recipe, adjust the volume accordingly. When in doubt, err on the side of less for dehydrated or more for freeze-dried.



Rehydration Differences

Dehydrated ingredients need more liquid and more time to fully rehydrate. They can absorb 2-3 times their volume in water.

Freeze-dried ingredients rehydrate almost instantly and need less liquid overall. They typically absorb about 1:1 with water (sometimes slightly less).

Calculating Liquid Needs

If a recipe in this book calls for dehydrated vegetables and you want to use freeze-dried instead:

- Increase the volume of vegetables (roughly 3x more)
- Reduce the added liquid slightly (start with 25% less and add more if needed)

If a recipe calls for freeze-dried vegetables and you want to use dehydrated instead:

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- Decrease the volume of vegetables (roughly 1/3 the amount)
- Increase the added liquid (add an extra 1/4 to 1/2 cup depending on the amount of dehydrated ingredients)

When in Doubt

Your best bet is to use what the recipe calls for. But if you're experimenting, remember:

Dehydrated ingredients are concentrated and heavy; freeze-dried ingredients are light and fluffy. Adjust both volume and liquid accordingly, and don't be afraid to add extra water during cooking if things look too thick or dry.



A Quick Note About Other Ingredients

Spices

If you're working with mixes that contain rice, beans, or other ingredients that you might want to rinse before using, you can place the spices in a small baggie and store them inside the jar on top of the mix. That way, you can rinse your grains or legumes without losing your seasonings down the drain.

Flour

Unless otherwise noted, all mentions of "flour" in this book refer to all-purpose flour. That said, you're welcome to experiment with other types of flour. Just know that results—primarily regarding how moist or dense a recipe will turn out—may vary slightly.

Powders

The vast majority of ingredients in this cookbook are common, everyday kitchen staples that you likely have on hand, like salt, sugar, baking soda, etc. The following items are the only ingredients we could think of that may be less common in the average kitchen:

- Whole milk powder
- Buttermilk powder
- Chicken and beef broth powders
- Arrowroot powder

Scan the QR code to view these items in our Amazon storefront:



Have fun filling your pantry!

Jordan & Stacy



MASTER MIX

Recipes





MASTER BAKING MIX

YIELD: HALF GALLON

PREP TIME: 5 MIN

INGREDIENTS

- 6 cups flour
- 1½ cups buttermilk powder (or whole milk powder)
- ¼ cup sugar
- 3 tablespoons baking powder
- 1 tablespoon baking soda
- 3 teaspoons fine ground salt

DIRECTIONS

1. Mix all ingredients together and store in a half-gallon Mason jar or other airtight container.
Optional: Vacuum seal.



TIP!

Did you know that you can make your own baking powder? To make approximately 1 cup, mix ½ cup cream of tartar, 4 Tbs baking soda, and 4 Tbs arrowroot powder or cornstarch.

Recipe ideas



PANCAKES

YIELD: 8-10 PANCAKES

TOTAL TIME: 20 MIN

INGREDIENTS

- 2 $\frac{2}{3}$ cups master baking mix
- 2 cups water
- 2 eggs
- 4 Tbs lard or oil
- 2 tsp vanilla extract

DIRECTIONS

1. In a mixing bowl, mix all ingredients until smooth.
2. Heat butter or oil in skillet over medium heat.
3. Add about $\frac{1}{4}$ cup of batter to skillet.
4. When the pancake's surface forms bubbles all over it, it's ready to flip.
5. Repeat with remaining batter.

WAFFLES

YIELD: 4 WAFFLES

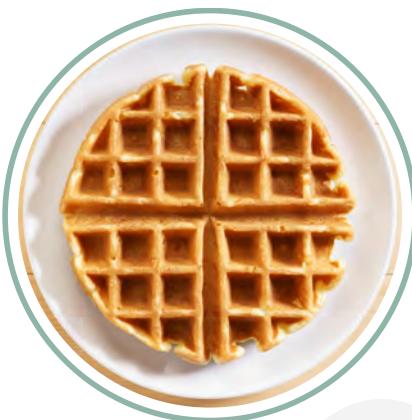
TOTAL TIME: 15 MIN

INGREDIENTS

- 2 cups master baking mix
- 1 cup water
- 2 eggs
- 6 Tbs oil of choice
- 1 tsp vanilla extract

DIRECTIONS

1. In a mixing bowl, mix all ingredients until smooth.
2. Grease a hot waffle iron well with oil or butter, and cook according to your waffle maker's instructions.



QUICK BISCUITS

YIELD: 5-8 BISCUITS

COOK TIME: 12 MIN

INGREDIENTS

- 1 heaping cup master baking mix
- $\frac{1}{3}$ cup milk

DIRECTIONS

1. Preheat oven to 350°F.
2. Mix ingredients together (dough will be sticky).
3. Turn out onto a floured surface, and flatten to your desired thickness.
4. Cut with a biscuit cutter or cup, then arrange on a baking sheet.
5. Bake for 12 minutes.

Note: The range in the yield depends on how thick you cut your biscuits.

