Buttermilk Master Baking Mix

The Tampa Tribune

Ingredients

- 4 1/2 cups flour
- 2 Tbsp + 2 tsp baking powder
- 1 1/2 tsp salt
- 1/2 tsp cream of tartar
- 1 cup solid vegetable shortening

Instructions

1. Blend together all ingredients until mixture resembles cornmeal.
2. Measure the same 1/4 or 1/2 cup for recipes calling for buttermilk baking mix.

Nutrition Data Per Serving

Nutrient	Amount
Calories	195
Protein	3 g
Sodium	259 mg
Fat	11 g
Fiber	0 g
Carbohydrates	22 g
Cholesterol	0 mg
Calories from fats	49%

BUTTERMILK MASTER BAKING MIX-THE TAMPA TRIBUNE

4½ cups flour
2 TB. + 2 tsp. baking powder
1½ tsp. salt
½ tsp. cream of tartar
1 c. solid vegetable shortening

Blend together all ingredients until mixture resembles cornmeal.

Measure the same ¼ or ½ cup for recipes calling for buttermilk baking mix.

NUTRITION DATA PER SERVING:
Calories - 195; Protein - 3 g; Sodium - 259 mg; Fat - 11 g; Fiber - 0 g; Carbohydrates - 22 g; Cholesterol - 0 mg; Calories from fats - 49%.

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