

Bisquick Baking Mix

DIY Homemade is Cheaper & Healthier!

yield: 6 cups

The Bisquick brand of baking mix has been around since the 1930's and was created to make cooking biscuits easy and convenient by using their mixture that already contained the baking powder and the shortening. Add water or milk to make basic biscuits, waffles, or pancakes.

ingredients

- 6 cups all-purpose flour
- 3 tablespoons baking powder
- ¾ teaspoon baking soda
- 2 tablespoons powdered sugar
- 1 ½ teaspoons table salt
- 1 cup / 9 tablespoons healthy fat:
lard, tallow, butter, coconut, avocado or olive oil



directions

- Whisk dry ingredients together. Mix well.
- Using an electric mixer, slowly stir in oil or cut in butter.
- Mix until all lumps are gone and mixture is a uniform texture, about 1 minute.
- Store in an airtight container.

Gluten-Free Bisquick

Store-bought gluten-free biscuit mix does not have shortening in it, and it is very expensive. Make this recipe and save money. Using shortening (w/ preservatives) stores longer... but to make mix with butter, just store it in refrigerator during summer.

ingredients

- 4 cups gluten free flour (16 ounces or 455 grams; any kind of flour)
- 2 cups tapioca starch (8 ounces; 226 grams)
- ¼ cup granulated sugar (1 ¾ ounces; 50 grams)
- 3 tablespoons baking powder
- 2 teaspoons salt
- 2 teaspoon xanthan gum
- 1 cup butter (2 sticks, or vegetable shortening; 8 ounces; 226 grams)

instructions

1. Place white rice flour, tapioca starch, sugar, baking powder, salt, and xanthan gum in the bowl of a food processor. Run food processor for about one minute to combine.
2. Add butter or shortening. Pulse to combine, about five medium pulses. No large pieces of shortening should remain. Don't have a food processor? No problem! Whisk the ingredients together in a large bowl.
3. Store mix in an airtight container at room temperature for up to 8 weeks.