



Nutrition Tips

Bake Easy: Low Salt Quick Breads

Reducing salt in quick breads

Here are some good options to try.

1. Try yeast raised donuts instead of cake donuts, they are usually lower in sodium.
2. If you buy quick breads ready made, ask the baker for the nutritional information, they usually have it in a notebook.
3. Bake your own low-sodium quick breads with low sodium baking powder and baking soda.
4. Most baking mixes like pancake mix, muffin mix and cake mix contain lots of sodium, if you use them, read labels, choose lower sodium brands.
5. Try making a 'baking mix' ahead, in large quantities, so you can stir up a pile of healthy low sodium pancakes in a minute!
6. Use low salt butter to lower the salt content of your baked goods even more.

One of the best places to hide extra salt in your diet is inside baked goods. Things you never think of as tasting salty can be amazingly high. That is because not only do most of these foods have lots of salt added to them by manufactures to keep them from spoiling, but they also have baking soda and baking powder in them.

A teaspoon of salt has about 2,300mg of sodium, a teaspoon of baking soda nearly 1,600, and baking powder comes in at about 500 mg/teaspoon. Check many recipes, you'll see they contain all 3, plus salted butter or margarine, a quadruple salt whammy!

So, how to get the salt out of baked goods? There are lots of ways. We are lucky here in Seattle to be the home of Ener-G Foods. This company has great low sodium products, including a low sodium baking powder and low sodium baking soda. You can order them on line at www.ener-g.com, or call them at 206 -767-3928. Most grocery stores that carry gluten free products also carry Ener-G products.

If you are in a hurry, mixing up your own low sodium baking mix just may be the answer for you! Much like Bisquick, or Krusteaze, you can whip up a "Master Mix" ahead of time, keep it in a big tub, canister or container, and make great baked goods at the drop of a hat, that are also low in sodium. Master Mix has about 270 mg of sodium per dry cup, compared to Bisquick, at about 1,500mg/cup. If you make the Master Mix with low sodium baking powder and soda, it has virtually no sodium.

Switching to unsalted butter when you bake can



Master Mix

- 8-1/2 cups All-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons cream of tartar
- 1-1/2 cups instant nonfat milk powder

2-1/2 cups butter or shortening

1. Sift together flour, baking powder, baking soda, cream of tartar, and milk powder.
2. Cut in shortening with a pastry blender, fork, or food processor, until evenly distributed.
3. Store in a large, airtight container in a cool, dry place. Use within 10-12 weeks.

Sodium per cup: 270 mg If using unsalted butter, low

Try these variations with Master Mix

<p>Biscuits</p> <p>Makes: 12 Biscuits</p>	<p>3 cups Master Mix</p> <p>2/3 cups water</p> <p>Preheat oven to 450 degrees F. Combine ingredients and blend well. Let stand 5 minutes. On lightly floured board, knead dough about 15 times. Roll out to 1/2 inch thickness and cut with floured cutter. Place 2 inches apart on ungreased baking sheet. Bake 10-12 minutes until golden brown. Nutrition info for two biscuits: Calories: 174, Protein: 7 grams, Carbohydrates: 18 grams, Sodium: 171 mg, Potassium: 81 grams, Phosphorus: 51 grams</p>
<p>Pancakes</p> <p>Makes: 8 four inch pancakes</p>	<p>1-1/2 cups Master Mix</p> <p>1 egg, beaten</p> <p>1 cup water</p> <p>1 tablespoon vegetable oil</p> <p>In a large bowl, mix together egg and water. Add Master Mix and stir until blended. Adjust water as needed to make medium thick batter. Heat skillet over medium heat. Add oil to skillet. Pour small amount of batter into skillet to form small pancakes. Cook until batter surface forms small bubbles. Turn pancakes over with a spatula and continue cooking on other side. Nutrition info, per 2 pancakes: Calories: 265, Protein: 7 grams, Carbohydrates: 18 grams, Sodium: 200mg</p>
<p>Muffins</p> <p>Makes: 6 small muffins</p>	<p>1 cup Master Mix</p> <p>1 tablespoon sugar</p> <p>1/3 cup water</p> <p>1 egg, beaten</p> <p>Add sugar to mix. Combine water and beaten egg. Add to mix. Stir until flour is just moistened. Bake in greased muffin pan at 425 degrees for 20 minutes.</p>
<p>Apple Crisp Topping</p>	<p>1/3 cup Master Mix</p> <p>1/4 cup sugar</p> <p>1 egg</p> <p>Stir sugar into mix. Add beaten egg and stir until blended. Spread over prepared fruit in 9x9 inch casserole or glass pan. Bake at 350 degrees for 30 minutes. Works as a topping for any fruit.</p>



Chocolate Cake

Makes: one 8 inch layer cake

1-1/2 cups Master Mix

1/4 cup cocoa

3/4 cup sugar

2/3 cup water

1 egg

1/2 teaspoon vanilla

Add cocoa to sugar and stir into mix. Combine water, egg, and vanilla. Stir half the liquid into the mix and beat 2 minutes. Add remaining liquid and beat 2 minutes. Bake in pan lined with wax paper at 375 degrees for 25 minutes.

Yellow Cake

Makes: one 8 inch layer cake

1-1/2 cup Master Mix

2/3 cup sugar

1/2 cup water

1 egg

1/2 teaspoon vanillas

Stir sugar into mix. Combine water, egg, and vanilla. Stir half the liquid into the mix and beat 2 minutes. Add remaining liquid and beat 2 minutes. Bake in pan lined with wax paper at 375 degrees for 25 minutes.

This cake can also be used for upside down cakes using fruits or berries.

Gingerbread

1 cup Master Mix

2 tablespoons sugar

1/4 teaspoon sugar

1/4 teaspoon cinnamon

1/4 teaspoon cloves

1 egg

1/4 cup molasses

1/4 cup water

Stir sugar and spices into the mix. Combine egg, molasses, and water. Stir half the liquid into the mix and beat 2 minutes. Stir in remaining liquid and beat 1 minute. Bake in loaf pan lined with wax paper at 350 degrees for 40 minutes.

Coffee Cake

1 cup Master Mix

3 tablespoons sugar

3 tablespoons water

1 egg

Topping:

1/4 cup brown sugar

1 tablespoon butter

1/4 teaspoon cinnamon

Stir sugar into mix. Combine water and beaten egg. Stir into mix until well blended. Put into shallow greased

