

ALL RECIPES AT CAMBROOKE.COM/BLOG

Wel-Made™ BAKING MIX Cookbook

7 DELICIOUS WEL-MADE
BAKING MIX RECIPES
FOR YOU TO ENJOY



Feel balanced. Feel better.™



CAMBROOKE™



HIGHLY VERSATILE

Bake great tasting breads, cakes, cookies, muffins and more!



JUST LIKE FLOUR!

Use as a low protein flour replacement in your favorite recipes.



REPLACES WEL-PLAN BAKING MIX

One cup of Wel-Made Baking Mix is equal to one cup of Wel-Plan Baking Mix.



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*Wel - Made*TM **BAKING MIX** *Recipes*

- 1 BLUEBERRY MUFFINS p.3
- 2 COOKIE ON A STICK p.4
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- 4 BANANA BREAD p.6
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- 6 CHEESE PIZZA p.8
- 7 CRUSTY WHITE BREAD p.9



Blueberry Muffins

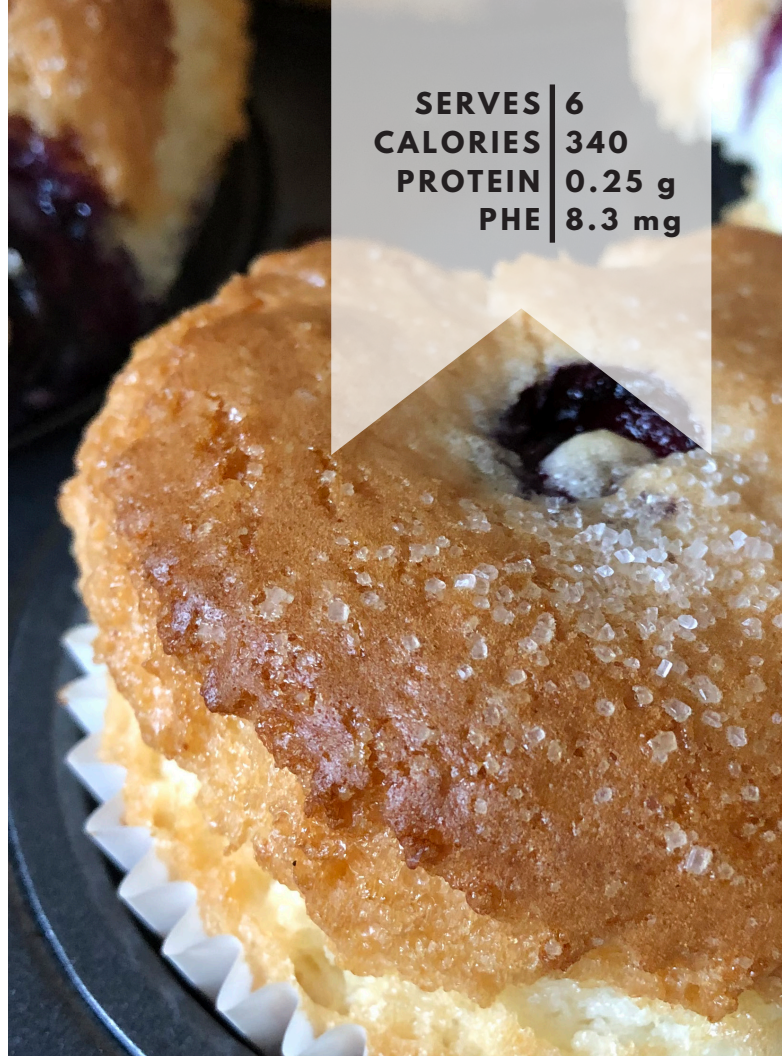
INGREDIENTS

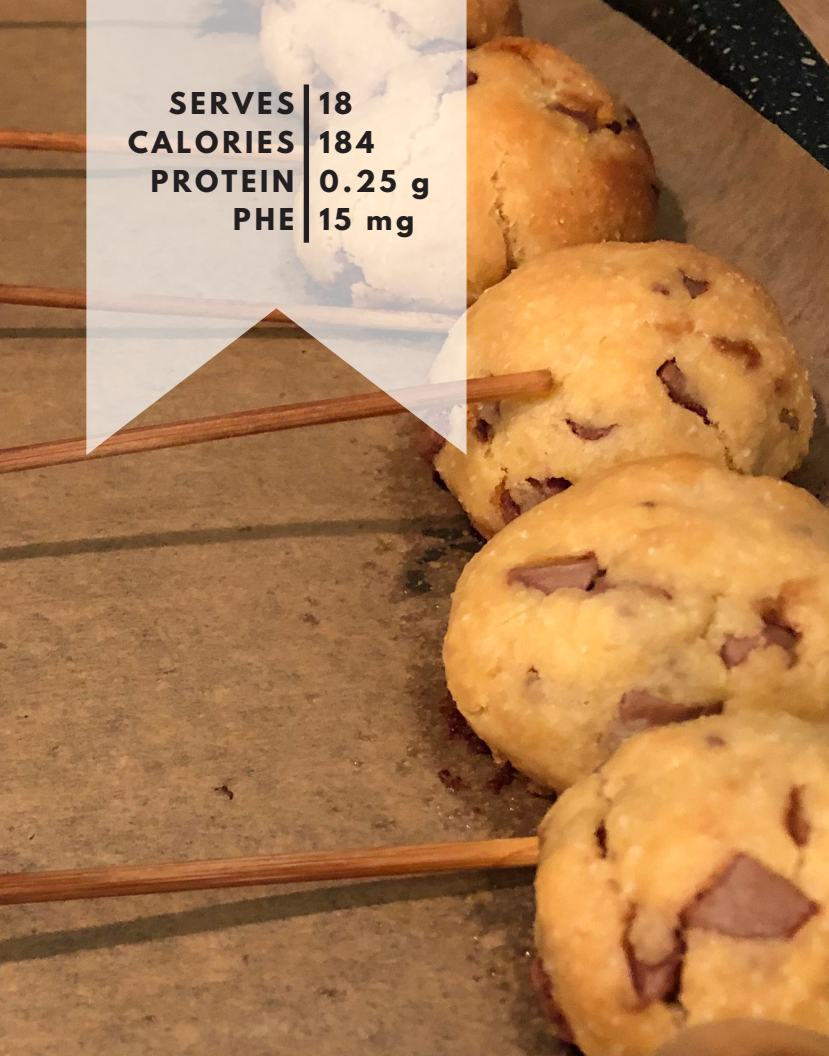
- 1 1/2 CUPS/195G **CAMBROOKE WEL-MADE BAKING MIX**
- 4.2 FL OZ/123G **RICE MILK (RICE DREAM, ORIGINAL)**
- 2 TSP/8.4G **BAKING POWDER**
- 1/2 CUP/72G **FRESH BLUEBERRIES**
- 1/4 TSP/2G **SEA SALT**
- 1 1/2 TSP/8G **VANILLA EXTRACT**
- 2 TBSP/28G **BUTTER (MELTED)**
- 4 TBSP/60G **VEGETABLE OIL**
- 3/4 CUP/150G **GRANULATED SUGAR**

DIRECTIONS

- PREHEAT OVEN TO 400 F.
- IN A LARGE MIXING BOWL, ADD BAKING MIX, BAKING POWDER, SALT AND SUGAR. STIR UNTIL COMBINED.
- ADD MILK, OIL, MELTED BUTTER AND VANILLA EXTRACT.
- STIR UNTIL THE MIXTURE IS COMBINED AND SMOOTH.
- ADD BLUEBERRIES AND STIR UNTIL DISTRIBUTED THROUGHOUT.
- SPOON MIXTURE INTO 6 LARGE MUFFIN CASES. SPRINKLE OVER EXTRA SUGAR (OPTIONAL).
- BAKE FOR 15-20 MINUTES UNTIL COOKED THROUGH AND GOLDEN BROWN.

| | |
|----------|--------|
| SERVES | 6 |
| CALORIES | 340 |
| PROTEIN | 0.25 g |
| PHE | 8.3 mg |





SERVES | 18
CALORIES | 184
PROTEIN | 0.25 g
PHE | 15 mg



Cookie on a Stick

INGREDIENTS

2 CUPS/220G **CAMBROOKE WEL-MADE BAKING MIX**
6 TBSP/68G **NESTLE MINI SEMI-SWEET CHOCOLATE CHIPS**
1 PKG/85G **JELL-O VANILLA INSTANT PUDDING MIX**
2 TBSP/25G **VEGETABLE SHORTENING**
1 TSP/5G **VANILLA EXTRACT**
1/3 CUP/52G **BROWN SUGAR**
5 1/3 TBSP/75G **SOFT BUTTER**
3 TBSP/44ML **WATER**

DIRECTIONS

- PREHEAT OVEN TO 375 F.
- IN A LARGE BOWL, CREAM THE WHITE SUGAR, BROWN SUGAR, BUTTER AND SHORTENING. MIX IN JELL-O AND VANILLA EXTRACT.
- GRADUALLY ADD THE WATER, STIRRING ALL THE TIME.
- ADD WEL-MADE BAKING MIX AND STIR UNTIL COMBINED.
- ADD CHOCOLATE CHIPS. ROLL INTO A DOUGH.
- GREASE A BAKING TRAY AND ROLL COOKIE DOUGH INTO 1-2 INCH BALLS (MAKES 18). PLACE BALLS 1 INCH APART.
- PUSH POPSICLE STICKS INTO EACH BALL.
- BAKE FOR 13-15 MINUTES OR UNTIL GOLDEN BROWN.



Brownies

INGREDIENTS

1 CUP/110G **CAMBROOKE WEL-MADE BAKING MIX**
7 TBSP/70G **JELL-O INSTANT VANILLA PUDDING MIX**
9.5 TBSP/114G **VEGETABLE SHORTENING**
3 TBSP/15G **UNSWEETENED COCOA**
1/3 CUP/48G **BROWN SUGAR**
3/4 TSP/4G **BAKING POWDER**
1/2 CUP/120ML **WATER**
1/2 TSP/3G **SALT**

DIRECTIONS

- PREHEAT OVEN TO 375 F.
- CREAM SHORTENING AND SUGAR UNTIL COMBINED.
- ADD JELL-O AND COCOA AND STIR UNTIL EVENLY DISTRIBUTED THROUGHOUT THE MIX.
- GRADUALLY ADD BAKING POWDER, SALT AND WEL-MADE BAKING MIX, STIRRING ALL THE TIME.
- GRADUALLY POUR IN THE WATER, STIRRING ALL THE TIME.
- PRESS BROWNIE MIX INTO GREASED 8 INCH PAN.
- BAKE FOR 15 MINUTES.
- CUT INTO 16 EVEN SQUARES AND ENJOY!

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| SERVES | 16 |
| CALORIES | 124 |
| PROTEIN | 0.3 g |
| PHE | 13 mg |





SERVES 14
CALORIES 136
PROTEIN 0.3 g
PHE 11 mg



Banana Bread

INGREDIENTS

1 3/4 CUPS/193G **CAMBROOKE WEL-MADE BAKING MIX**
3 TBSP/42G **COCONUT OIL, MELTED**
4 FL OZ/118G **RICE MILK (RICE DREAM, ORIGINAL)**
3 MASHED/354G **BANANAS**
2 TSP/10G **VANILLA EXTRACT**
3/4 TSP/4G **BAKING SODA**
1/2 TSP/2G **CINNAMON**
1/2 CUP/110G **BROWN SUGAR (PACKED)**

DIRECTIONS

- PREHEAT OVEN TO 350 F.
- IN A LARGE BOWL, MIX THE MASHED BANANA AND ALL DRY INGREDIENTS TOGETHER.
- GRADUALLY STIR IN THE VANILLA, MILK AND OIL UNTIL COMBINED AND SMOOTH.
- POUR MIXTURE INTO A 9 X 5 INCH GREASED LOAF PAN AND BAKE FOR 45-55 MINUTES.
- TRANSFER TO A WIRE RACK TO COOL. MAKES 14 SLICES. SERVE HOT WITH HONEY.



Hot Cross Buns

INGREDIENTS

2.5 CUPS/275G **CAMBROOKE WEL-
MADE BAKING MIX**

2.5 TSP/10G **YEAST, ACTIVE DRY**

2 TBSP/25G **SUGAR**

1 TSP/6G **SALT**

1 TBSP/15G **VEGETABLE OIL**

3/4 CUPS/177 ML **WARM WATER**

GRATED RIND OF 1 **ORANGE**

1 CUP/144G **RAISINS**

1 TSP/2G **GROUND NUTMEG**

1 TSP/2G **GROUND CINNAMON**

1 TSP/2G **GROUND CLOVES**

ICING INGREDIENTS:

7.5 TBSP/60G **CONFECTIONERS
SUGAR, POWDERED**

1 TSP **WATER**

DIRECTIONS

- SOAK YEAST AND SUGAR IN WATER FOR 10 MINUTES.
- IN A LARGE BOWL, MIX BAKING MIX AND SALT. GRADUALLY ADD YEAST MIXTURE AND OIL UNTIL A FIRM DOUGH IS FORMED.
- ADD ALL REMAINING DOUGH INGREDIENTS AND KNEAD TO COMBINE FOR 4-5 MINUTES.
- COVER WITH FILM AND LET THE DOUGH PROVE OVERNIGHT IN THE REFRIGERATOR.
- DIVIDE DOUGH INTO 6 LARGE BALLS. COVER AND LEAVE FOR ANOTHER 30 MINUTES TO PROVE.
- PREHEAT OVEN TO 350 F AND BAKE BUNS FOR 15 MINUTES OR UNTIL GOLDEN BROWN.
- BRUSH OVER SYRUP WHILE HOT (OPTIONAL).
- TO MAKE THE ICING, GRADUALLY ADD WATER TO SUGAR UNTIL A THICK PASTE IS FORMED.
- ADD ICING TO PIPING BAG AND DRAW A CROSS ON EACH BUN.
- SERVE HOT WITH BUTTER.

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| SERVES | 6 |
| CALORIES | 333 |
| PROTEIN | 1.56 g |
| PHE | 51 mg |





| | |
|----------|--------|
| SERVES | 2 |
| CALORIES | 330 |
| PROTEIN | 1.05 g |
| PHE | 35 mg |



Cheese Pizza

INGREDIENTS

- 1 CUP/110G **CAMBROOKE WEL-MADE BAKING MIX**
- 1 TBSP/15G **VEGETABLE OIL**
- DASH OF **SALT**
- 1/2 TSP/2G **BAKING POWDER**
- 1/4 CUP + 2 TSP **WATER**
- 2 DROPS **YELLOW FOOD COLORING**
- 1/3 CUP/30G **CAMBROOKE MOZZARELLA SHREDS**
- 1 POT/65G **CAMBROOKE MARINARA MINIS**
- 2-3 SPRIGS **BASIL**

DIRECTIONS

- PREHEAT OVEN TO 425 F.
- MIX WEL-MADE BAKING MIX WITH SALT AND BAKING POWDER.
- ADD OIL AND MIX WELL. GRADUALLY ADD WATER AND COLORING AND KNEAD INTO A DOUGH.
- DUST A SURFACE WITH BAKING MIX, THEN KNEAD THE DOUGH FOR 4-5 MINUTES. ROLL DOUGH AS THINLY AS POSSIBLE AND PRESS DOWN ONTO A GREASED BAKING SHEET.
- THE DOUGH SHOULD BE ROUGHLY 1/4 INCH THICK.
- SPREAD CAMBROOKE MARINARA MINIS OVER THE DOUGH AND SPRINKLE OVER THE CAMBROOKE MOZZARELLA SHREDS.
- BAKE FOR 12-18 MINUTES. SPRINKLE OVER BASIL AND ENJOY!



Crusty Bread

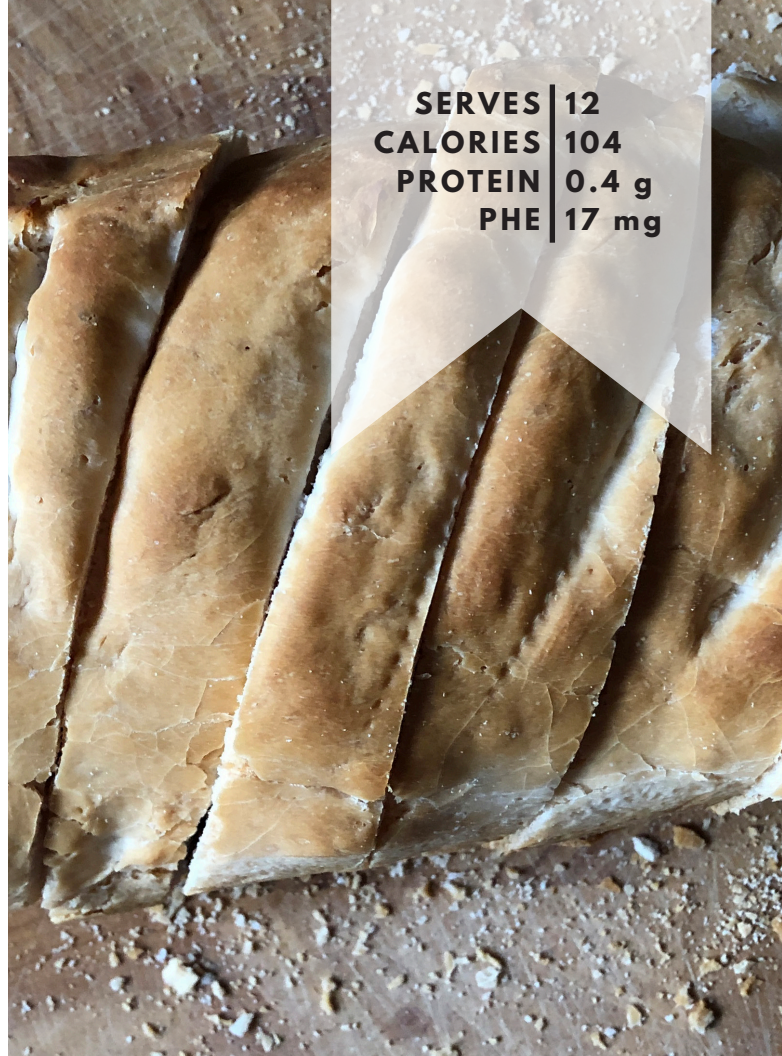
INGREDIENTS

2.5 CUPS/275G **CAMBROOKE WEL-MADE BAKING MIX**
2.5 TSP/10G **YEAST, ACTIVE DRY**
1 TBSP/12.5G **SUGAR**
1 TSP/6G **SALT**
1 TBSP/15G **VEGETABLE OIL**
3/4 CUPS/177ML **LUKEWARM WATER**
OPTIONAL: BUTTER TO SERVE

DIRECTIONS

- SOAK YEAST AND SUGAR IN WATER FOR 10 MINUTES.
- IN A LARGE BOWL, MIX BAKING MIX AND SALT. GRADUALLY ADD YEAST MIXTURE AND OIL UNTIL A FIRM DOUGH IS FORMED.
- ADD MORE BAKING MIX IF NEEDED.
- KNEAD FOR 4-5 MINUTES. COVER WITH FILM AND LET THE DOUGH PROVE OVERNIGHT IN THE REFRIGERATOR.
- KNEAD FOR A FURTHER 5 MINUTES AND THEN PRESS DOWN INTO A 8 X 4 INCH LOAF PAN. SIT AGAIN FOR 30-45 MINUTES UNTIL IT HAS RISEN FURTHER. THEN WITH A BLUNT KNIFE, LIGHTLY INDENT THE TOP OF THE DOUGH IN DIAGONAL STOKES.
- PREHEAT OVEN TO 350 F AND BAKE BREAD FOR 30-40 MINUTES UNTIL GOLDEN BROWN.
- MAKES 12 SLICES. ENJOY HOT WITH BUTTER.

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|-----------------|--------------|
| SERVES | 12 |
| CALORIES | 104 |
| PROTEIN | 0.4 g |
| PHE | 17 mg |



Other great Cambrooke mixes...



WEL-MADE BAKING MIX

WEL-PLAN REPLACEMENT.
MAKES DELICIOUS BREADS,
CAKES, COOKIES, BROWNIES,
MUFFINS AND MORE.



BAKING MIX

MAKES GREAT TASTING LOW
PROTEIN COOKIES, CAKES,
BROWNIES, BREADS AND
OTHER BAKED GOODS.



MIXQUICK

MAKES FLUFFY PANCAKES,
WAFFLES, BISCUITS, CREPES
AND ANYTHING THE POPULAR
B'QUICK MAKES.



WHEAT STARCH

MAKES BREADS, PIZZA CRUSTS
AND OTHER BAKED GOODS.

A top-down view of five blueberry muffins arranged on a dark, circular tray. The muffins are golden-brown with visible blueberries and a white cream filling. A semi-transparent dark banner is overlaid across the middle of the image, containing white text.

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