

Homemade Foods Mixes: Lower In Sugar Salt Fat



COOKING LIGHT The Good Pantry: Homemade Foods & Mixes Lower In Sugar, Salt & Fat by Sophia Freeman

★★★★☆ 4.6 out of 5

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Are you tired of store-bought food mixes that are loaded with sugar, salt, and fat? If so, it's time to start making your own homemade food mixes. Homemade food mixes are a great way to control the ingredients in your food and make healthier choices for your family.

Benefits of Making Your Own Food Mixes

There are many benefits to making your own food mixes, including:

- **Reduced sugar, salt, and fat content:** Store-bought food mixes are often loaded with sugar, salt, and fat. By making your own food mixes, you can control the amount of these ingredients in your food. This is especially important for people who are trying to lose weight or manage their blood sugar levels.

- **More nutritious:** Homemade food mixes are often more nutritious than store-bought mixes. This is because you can use whole grains, fresh fruits, and vegetables in your mixes. Store-bought mixes often contain refined grains, processed ingredients, and added sugars.
- **More flavorful:** Homemade food mixes are often more flavorful than store-bought mixes. This is because you can use fresh herbs, spices, and other flavorings in your mixes. Store-bought mixes often contain artificial flavors and colors.
- **Less expensive:** Making your own food mixes is often less expensive than buying store-bought mixes. This is because you can buy ingredients in bulk and make large batches of mixes at once.

Types of Homemade Food Mixes You Can Make

There are many different types of homemade food mixes you can make, including:

- **Baking mixes:** Baking mixes are a great way to save time and money when baking. You can make your own pancake mix, muffin mix, cake mix, and more.
- **Soup mixes:** Soup mixes are a great way to have a delicious and healthy meal on hand. You can make your own chicken noodle soup mix, beef stew mix, and more.
- **Seasoning mixes:** Seasoning mixes are a great way to add flavor to your food. You can make your own taco seasoning mix, chili seasoning mix, and more.
- **Salad dressing mixes:** Salad dressing mixes are a great way to make your own healthy and flavorful salad dressings. You can make your

own ranch dressing mix, vinaigrette dressing mix, and more.

- **Dip mixes:** Dip mixes are a great way to make your own healthy and flavorful dips. You can make your own hummus dip mix, guacamole dip mix, and more.

How to Make Your Own Food Mixes

Making your own food mixes is easy. Simply gather the ingredients you need and follow the instructions below:

1. Measure the ingredients according to the recipe. 2. Combine the ingredients in a bowl or food processor. 3. Mix until the ingredients are well combined. 4. Store the food mix in an airtight container in a cool, dry place.

Tips for Making Your Own Food Mixes

Here are a few tips for making your own food mixes:

- **Use whole grains whenever possible.** Whole grains are more nutritious and filling than refined grains.
- **Use fresh fruits and vegetables.** Fresh fruits and vegetables add flavor and nutrients to your food mixes.
- **Use less sugar, salt, and fat than store-bought mixes.** You can always add more of these ingredients to taste, but it's difficult to remove them once they've been added.
- **Experiment with different flavors.** There are endless possibilities when it comes to making your own food mixes. Don't be afraid to experiment with different flavors and ingredients.

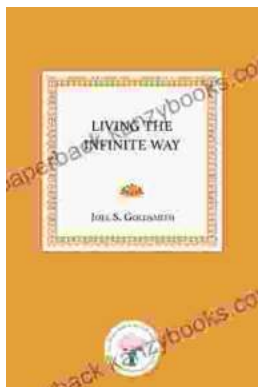
Making your own food mixes is a great way to control the ingredients in your food and make healthier choices for your family. Homemade food mixes are also more nutritious, flavorful, and less expensive than store-bought mixes. So what are you waiting for? Start making your own food mixes today!



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