Make Your Own Mixes

Mary Hunt
Creator of
Everyday Cheapskate

More than 150 recipes for rubs, dips, sauces, soups, gravies, salad dressings, baking mixes and more!

Make Your Own Mixes

Easy do-it-yourself recipes and instructions to duplicate your favorite commercial mixes and seasoning packets

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Make Your Own Mixes

Here they are—more than a hundred recipes for the mixes and seasoning packets that fill our grocery carts and pantries, on which we depend heavily to make quick meals at home. With these mixes in your pantry, refrigerator and freezer, you'll have at your fingertips all the things you need to make quick and easy meals.

So, you may be wondering, why not just buy salad dressings, taco seasonings, baking mixes and little boxes of pudding mix the way you always have? Three reasons: Health, time and money.

Health: Reading the list of ingredients on the typical convenience packet of seasoning mix or other prepared food product can be confusing if not shocking. Many of these convenience products contain MSG, hydrolyzed vegetable protein, dioxides and any number of unpronouncable items. One advantage of making your own mixes is that you will know exactly what's in them. Making your own mixes and seasonings allows you to limit table salt, MSG and other potentially harmful ingredients from your diet.

Time: With your own mixes all ready to go, you'll cut the time it takes to prepare meals. You'll find yourself preparing several meals at a time. You'll be able to fix the right amount for each meal, even when you have little time. And you'll cut out last minute trips to the store because you will have convenience mixes in your pantry, refrigerator and freezer.

Money: The seasoning packets and mixes available in supermarkets are advertised as time-savers, certainly not money-savers. For example, a simple packet of Taco Seasoning containing 1.25 ounce of product, works out to more than $26 a pound. And you can easily make it yourself for a fraction of the cost. That means more money in your wallet. The average to make the mixes in this booklet is less than half the cost of commercial mixes.

General. The recipes are presented with the assumption that the reader has a good understanding of basic kitchen techniques.

Larger quantities. Some recipes in this booklet are given in single-use quantities, while others yield enough mix for multiple uses. Our experience is that these recipes multiply well.

Storage of mixes. You will soon read that most of these mixes need to be kept in an airtight container. An airtight container is one with a tightly fit-

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ting lid, like Snapware or Tupperware, where the lid locks in place. Or a screw-type jar or other container that has a jar lid that can be applied easily. A zip-type plastic bag creates an airtight container, as does a 6-inch square piece of foil when it is folded and the edges folded over sufficiently to create a seal.

Sources for spices. Stores like Whole Foods and Sprouts Farmer's Market and many others sell spices in bulk at reasonable rates. Check the international aisle of your supermarket for lower priced spices, particularly "It's Delish" brand. Surprisingly, the best deals online can be found at eBay. For example, a pound of onion powder is available for $.28 an ounce, including shipping, as opposed to $1.67 per ounce in the typical supermarket. Vanilla beans are a steal at eBay as compared to the supermarket and other local sources. Look for "refill" quantities, which typically are sold by the pound.

Notes. Most of the ingredients called out in the recipes in this booklet will be common pantry items, most of which you will have on hand. You may, however, come across a few that beg for further explanation.

Lavender. Both fresh and dried, lavender has come into vogue as a culinary ingredient. The *herbes dé Provence* combination of lavender, thyme, rosemary and savory has been popular around France for a long time, but a more recent addition to American cuisine. Because lavender is a popular crafter's item, it is important to make sure that flowers you purchase for cooking have been grown for that purpose. It may be labeled as "culinary lavender" or "food grade." Or, grow your own. Lavender will make a lovely addition to your landscape.

Summer savory. This is a fairly popular herb, which may not be stocked in your supermarket. Check specialty stores, especially stores that carry bulk herbs and spices. Or, grow your own.

Instant flour. A low-protein, pregelatinized wheat flour to which some malted barley flour has been added, instant flour has been formulated to dissolve quickly in either hot or cold liquids. It is most often called for to thicken gravies and sauces. The leading brand available commercially is Wondra Flour by Gold Medal.

Salt. Ordinary table salt (sodium chloride) is a man-made product containing over 30 synthetic chemicals such as sodium aluminate and potassium iodide, added to make it flow easily from the box. Chlorine bleach is used to make it white, and has been found to be harmful, causing high blood pressure and fluid retention. Sea salt, on the other

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hand, is a natural product and contains no synthetic materials. It is pure sodium, which our bodies require. A bit more expensive than table salt, sea salt is well worth the additional cost. For this reason all of the recipes in the booklet use sea salt.

How to store spices. Light, heat and humidity are the enemies of spices. Little glass jars stored close to your cooktop are the worst place to keep spices. Much better: Keep spices in airtight containers or spooned into a 6-inch square of aluminum foil folded to make airtight, stored in the freezer. Stored properly, spices will retain their pungency for 3 to 5 years.

Shelf life. Unless otherwise noted, assume that the mixes in this booklet will be at their peak of goodness for 6 months. After that time, some mixes may lose some of their flavor or the texutre may change slightly. However, after this time these products will not become toxic, lethal or in any way a health danger. You may discover that some mixes will remain useful for longer than six months, depending on the environment in which they are stored. Dry mixes are best stored in a cool, dark place in an air-tight container.

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SEASONINGS, RUBS AND DIPS

Apple Pie Spice

4 parts ground cinnamon

2 parts ground nutmeg

1 part ground cardamom

Combine all ingredients. Store in an airtight container.

Pumpkin Pie Seasoning I

4 teaspoons ground cinnamon

2 teaspoons ground ginger

1 teaspoon ground cloves

1/2 teaspoon ground nutmeg

Mix well. Store in an airtight container. Use this as a substitute for store bought pumpkin pie spice.

Pumpkin Pie Seasoning II

4 parts ground cinnamon

2 parts ground ginger

1 part allspice

1 part nutmeg

Combine all ingredients. Store in an airtight container.

Herbs dé Provence

1 tablespoon dried basil leaves

1 tablespoon dried marjoram leaves

1 tablespoon dried summer savory leaves*

1 tablespoon dried thyme leaves

2 teaspoons dried orange zest, powdered

1 powdered or ground bay leaf

1 teaspoon fennel seeds

2 teaspoons dried lavender*

1/8 teaspoon white pepper

Combine all ingredients in a small, tightly closed jar. Store in a dark, cool place. Makes about 5 tablespoons. *See introduction.

Cajun Spice Mix

2 teaspoons sea salt

2 teaspoons garlic powder

2 1/2 teaspoons paprika

1 teaspoon ground black pepper

1 teaspoon onion powder

1 teaspoon cayenne pepper

1 1/4 teaspoons dried oregano

1 1/4 teaspoons dried thyme

1/2 teaspoon red pepper flakes (optional)

Combine all ingredients. Store in an airtight container.

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Rice Seasoning

3/4 cup chicken bouillon granules
1/2 cup dried parsley
1 tablespoon dried basil
1 tablespoon dill weed
2 tablespoons dried onion flakes
1 teaspoon seasoning salt
2 teaspoons garlic powder
1 teaspoon lemon pepper seasoning
1 cup almonds, coarsely chopped (optional)

Mix together and store in an airtight container.

To use: Bring two cups of water to a boil. Add 1 cup rice and 3 tablespoons of the seasoning. Cover and simmer for 18 minutes.

Chili Seasoning

2 parts chili powder
1 part paprika

Combine all ingredients. Store in small airtight container.

"Old Bay" Seasoning

1 tablespoon celery seed
1 tablespoon whole black peppercorns
6 bay leaves
1/2 teaspoon whole cardamom
1/2 teaspoon mustard seed
4 whole cloves
1 teaspoon paprika
1/4 teaspoon ground mace

Combine all ingredients. Store in an airtight container.

Chinese 5-Spice Powder

1 teaspoon ground Szechwan pepper
1 teaspoon ground star anise
1 1/4 teaspoons ground fennel seeds
1/2 teaspoon ground cloves
1/2 teaspoon ground cinnamon
1/2 teaspoon sea salt

Combine all ingredients. Store in an airtight container.

Salad Supreme Seasoning

1 1/2 teaspoons sesame seeds
1 teaspoon paprika
3/4 teaspoon sea salt
1/2 teaspoon poppy seeds
1/2 teaspoon celery seed
1/4 teaspoon garlic powder
1/4 teaspoon coarse ground black pepper
1 pinch cayenne pepper

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2 tablespoons grated Romano cheese

Combine all ingredients. Store in an airtight container.

To use: Great in pasta salad. Sprinkle onto tossed salads. For delicious hamburgers sprinkle over top before broiling or after grilling.

Salt-Free Seasoning

1 tablespoon garlic powder
2 teaspoons dried thyme leaves
2 teaspoons onion powder
2 teaspoons paprika
2 teaspoons celery seed
1 1/2 teaspoons ground white pepper
1 tablespoon dry mustard powder
2 teaspoons dried finely chopped lemon peel
1 teaspoon ground black pepper

Combine all ingredients. Store in an airtight container. Use on meats, poultry and fish, or at the table for a salt-free seasoning.

Pickling Spice

1/4 cup mustard seeds
1/4 cup dill seeds
1/4 cup coriander seeds
2 tablespoons crushed chili peppers
2 tablespoons crushed bay leaves, 1 tablespoon celery seeds
1 tablespoon white peppercorns.

Combine all ingredients. Store in an airtight container.

Poultry Seasoning Mix

1 tablespoon dried rosemary
1 tablespoon dried sage
1 tablespoon dried thyme
1/2 teaspoon celery seed
1/2 teaspoon dried parsley
1 tablespoon dried marjoram
3/4 teaspoon ground pepper

Combine all ingredients. Place in a storage container with a tight-fitting lid. Seal well.

All-Purpose Seasoning

1/2 cup garlic powder
1/2 cup sea salt
1/2 cup black pepper

Combine all ingredients. Store in an airtight container in a cool, dry place.

"House" Seasoning

1 cup sea salt
1/4 cup black ground pepper
1/4 cup garlic powder

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1/4 cup onion powder

Combine all ingredients. Store in an airtight container. Use this seasoning as you would salt and pepper. This is the famous celebrity blend that costs a fortune online.

Beau Mondé Seasoning

1 tablespoon ground cloves
1 1/4 teaspoon ground cinnamon
1 tablespoon sea salt
1 tablespoon ground bay leaf
1 tablespoon ground allspice
2 tablespoons ground pepper
1 tablespoon ground white pepper
1 teaspoon ground nutmeg
1 teaspoon ground mace
1 teaspoon celery seed

In a small mixing bowl, mix together all ingredients. Pour into a tightly closed jar and store in a cool, dry place.

Bon Appétit Seasoning

1/4 cup onion powder
1/4 cup celery salt

Combine all ingredients. Store in an airtight container.

Celery Salt

1/4 cup celery seed
1/4 cup sea salt

Place celery seeds in the blender and process at highest speed until finely ground. Add salt and process at high speed until the salt is as fine as you like. Store in an airtight container.

French Onion Dip Mix

1/2 cup instant beef bouillon granules
1 cup dried minced onion
1/3 cup onion powder
1 1/4 teaspoons Bon Appétit Seasoning

Combine all ingredients. Store in an airtight container in a cool, dry place for up to 6 months.

To use: Combine 2 tablespoons mix with 1 cup sour cream to make a tasty dip for chips and vegetables.

Sesame Seed Dip Mix

1/4 cup grated Parmesan cheese
3 tablespoons toasted sesame seeds
1 teaspoon sea salt
1 1/2 teaspoons celery seed
dash ground black pepper
1/4 teaspoon garlic powder

Combine all ingredients in a small bowl and blend well. Spoon mixture into a small glass jar with screw-top lid. Label and store in a cool, dry place. Use within 4 months.

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To use: Combine 1 cup sour cream or plain yogurt and 2 tablespoons mix. Stir well to blend. Chill at least 1 hour before serving.

Onion Cheese Dip Mix

1/4 cup instant minced onion

2 teaspoons instant beef bouillon granules

1/4 cup grated Parmesan cheese

1 teaspoon garlic salt

Combine all ingredients in a small bowl and blend well. Spoon mixture into a small glass jar with screw-top lid. Store in a cool dry place and use within 4 months.

To use: Combine 1 cup sour cream or 1 8-ounce package softened cream cheese with 3 tablespoons mix. Chill at least 1 hour before serving.

Vegetable Dip Mix

1/4 cup dried chopped chives

2 teaspoons dried dill weed

1 teaspoon garlic salt

1 teaspoon onion salt

2 teaspoons paprika

Combine all ingredients in a small bowl: blend well. Spoon mixture into a small glass container and store in a cool, dry place. Use within 6 months.

To use: In a small bowl, combine 1 tablespoon lemon juice, 1 cup mayonnaise, 1 cup sour cream and 2 tablespoons mix. Chill at least 1 hour before serving.

Dill Dip Mix

1/2 cup dried dill weed

1/2 cup dried minced onion

1/2 cup dried parsley

1/3 cup Beau Mondé Seasoning

Combine all ingredients in a small bowl. Pour into tightly sealed container and store in a cool, dry place.

To use: In a small bowl, combine 1 cup mayonnaise, sour cream OR low-fat yogurt and 3 tablespoons mix. Chill for a few hours before serving to blend flavors.

Basic Barbecue Dry Rub

1/4 cup salt

1/4 cup sugar

1 tablespoon chili powder

2 tablespoons paprika

1 teaspoon cumin

1 teaspoon black pepper

1/2 teaspoon dry mustard

1/2 teaspoon cayenne

1/2 teaspoon allspice

Combine all ingredients. Store in an airtight container.

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To use: This is great on beef, pork or chicken. Apply evenly to meat or chicken, rubbing it in well. Allow to sit for at least 10 minutes before cooking, and up to 3 hours.

Sweet and Spicy Rub for Beef Ribs and Steaks

1 cup brown sugar

3 tablespoons garlic powder

3 tablespoons black pepper

2 tablespoons sea salt

2 tablespoons chili powder

1/2 teaspoon ground cumin

1/2 teaspoon thyme

1 teaspoon paprika

1 teaspoon onion powder

1 dry bay leaf, crushed

Mix the ingredients in a bowl.

To use: Apply evenly to ribs and steaks, and allow to sit for 3 hours before grilling.

Sweet Hot Rub for Pork Ribs

1 cup brown sugar

1/2 cup chili powder

1 tablespoon sea salt

1 tablespoon black pepper

2 tablespoons garlic powder

2 teaspoons onion powder

Combine all ingredients. Store in an airtight container.

To use: Apply evenly to ribs and allow to sit for 3 hours before grilling.

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SAUCES, SOUPS AND GRAVY MIXES

White Sauce Mix

2 cups nonfat dry milk powder
1 cup flour
2 teaspoons sea salt
1 cup butter, margarine, or oil
1/8 teaspoon white pepper

In medium bowl, combine dry milk, flour and salt and mix well with a wire whisk to blend. With a pastry blender or two knives, cut in butter, margarine or oil until mixture resembles cornmeal. Put in an airtight container and store in refrigerator. Use white sauce mix within 3 months.

To use: Combine 1/2 cup white sauce mix and 1 cup cool water in small saucepan. Cook over low heat until smooth, stirring constantly with wire whisk. Yield: 1 1/2 cups.

Barbecue Sauce

2 cups ketchup
2 cups tomato sauce
1 1/4 cups brown sugar
1 1/4 cups red wine vinegar
1/2 cup molasses
4 teaspoons hickory-flavored liquid smoke
2 tablespoons butter
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon chili powder
1 teaspoon paprika
1/2 teaspoon celery seed
1/4 teaspoon ground cinnamon
1/2 teaspoon cayenne pepper
1 teaspoon sea salt
1 teaspoon coarsely ground black pepper

Place all ingredients in a large pot over medium heat. Reduce heat to low, and simmer for up to 20 minutes or until it gets as thick as you like. Sauce can also be thinned using a bit of water if necessary.

To use: Brush sauce onto any kind of meat or poultry during the last 10 minutes of cooking.

Beef Gravy Mix

1 1/3 cups nonfat dry milk
3/4 cup instant blend flour (Wondra)
1/4 cup beef bouillon granules
1/4 teaspoon dried thyme leaves
1/4 teaspoon onion powder
1/8 teaspoon ground sage
1/8 teaspoon white pepper
1/2 cup butter
1 tablespoon brown sauce for gravy (Kitchen Bouquet)

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In medium bowl, combine dry ingredients and stir with a wire whisk to blend thoroughly. Use a pastry blender or two knives to cut in butter until particles are fine. Drizzle brown sauce for gravy over mixture and stir with a wire whisk until blended. Spoon into a 3 cup container with a tight fitting lid and store in the refrigerator. Use gravy mix within 4 to 6 weeks.

To use: Pour 1 cup cold water into a small saucepan. Gradually stir 1/2 cup beef gravy mix into the water, using a wire whisk. Cook over medium heat, stirring constantly, until gravy is smooth and thickened, about 3 minutes. Yield: 1 cup gravy.

Chicken Gravy Mix

1 1/3 cups nonfat dry milk

3/4 cup instant flour (Wondra)

1/4 cup chicken bouillon granules

1/4 teaspoon dried sage leaves

1/8 teaspoon ground sage

1/4 teaspoon dried thyme leaves

1/8 teaspoon black pepper

1/2 cup butter

In medium bowl, combine the dry ingredients and stir with a wire whisk to blend thoroughly. Cut in butter with pastry blender or two knives until evenly distributed and particles are fine. Store in the refrigerator in a 3-cup container with a tight-fitting lid. Use within 4 to 6 weeks.

To use: Pour 1 cup cold water into a small saucepan. Stir in 1/2 cup chicken gravy mix into the water, using a wire whisk. Cook over medium heat, stirring constantly, until gravy is smooth and thickened, about 3 minutes. Yield: 1 cup gravy.

Onion Soup Mix

3/4 cup instant minced onion

1/3 cup beef bouillon granules

4 teaspoons onion powder

1/4 teaspoon celery seed, crushed

1/4 teaspoon sugar

Combine all ingredients and mix well. Place in a storage container with a tight-fitting lid. Seal tightly. Store in a cool, dry place for up to six months. Stir or shake well before each use. Makes 18 tablespoons mix. Approximately 8 tablespoons equal a 2-ounce package of commercial onion soup mix.

To use: Place 8 tablespoons of mix into a medium saucepan. Stir in 4 cups water and bring to a boil, stirring occasionally. Reduce heat and simmer uncovered, stirring occasionally, 10 minutes. Yield: 3 1/2 cups soup.

Condensed Cream Soup

2 cups nonfat dry milk

3/4 cup cornstarch

1/4 cup chicken or beef bouillon granules

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1/2 teaspoon dried thyme leaves

1/2 teaspoon dried basil leaves

1/4 teaspoon white pepper

Combine all ingredients and mix well with wire whisk until blended. Store mix in an airtight container. Yield: This recipe makes enough mix to equal 9 cans of condensed soup.

To use: As a substitute for one can of condensed cream soup in recipes, stir together 1/3 cup dry mix and 1 1/4 cup water in a saucepan. Cook and stir until thickened. Equals one can of condensed soup.

Bean Soup Mix

1 1/2 cups dried pinto beans

1 1/2 cups white kidney beans

1 cup dry kidney beans

1 cup dry lima beans

1 cup dry garbanzo beans

1/2 cup dried minced onion

1 tablespoon paprika

2 teaspoons sea salt

1 teaspoon mustard powder

1/2 teaspoon granulated garlic

1 tablespoon chicken bouillon granules

3 cubes beef bouillon

1 tablespoon dried parsley

1/4 cup bacon-flavored bits

1/4 cup mixed vegetable flakes

Pour the five types of beans into a large airtight container. Place all of the remaining dry ingredients in a large plastic bag and shake to mix. Seal the bag and place it in the bean container and apply tightly fitting lid.

To use: Rinse 1 1/2 cups bean mix in sieve under running water. Place beans in a three-quart saucepan. Add 5 cups water, 1 tablespoon oil, 1/4 cup seasoning mix and one can tomatoes with juice. Bring to a boil, reduce heat and cover. Simmer 2 1/2 hours or until beans are tender.

Potato Soup Mix

1 3/4 cups instant mashed potato flakes

1 1/2 cups dry milk

2 tablespoons chicken bouillon granules

2 teaspoons dried minced onion

1 teaspoon dried parsley

1/4 teaspoon ground white pepper

1/4 teaspoon dried thyme

1/8 teaspoon ground turmeric

1 1/2 teaspoons seasoning salt

Combine all ingredients in a bowl and stir to mix. Pour into an airtight container.

To use: Place 1/2 cup soup mix in a bowl. Stir in 1 cup boiling water until smooth.

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CONVENIENCE MIXES

Sloppy Joe Mix

1 cup dried minced onion
3 tablespoons dried green pepper pieces
4 teaspoons sea salt
3 tablespoons cornstarch
4 teaspoons instant minced garlic
2 teaspoons dry mustard
2 teaspoons celery seed
2 teaspoons chili powder

Combine all ingredients and mix well. Store in an airtight container in a cool, dry place. Makes the equivalent of eight packages purchased Sloppy Joe seasoning mix. Three tablespoons Sloppy Joe Mix equals one package purchased mix.

To use: Brown 1 pound lean ground beef in a large skillet; drain fat. Add 3 tablespoons mix, 1/2 cup water and 1 cup ketchup or crushed tomatoes. Bring to a boil, reduce heat, cover pan, and simmer 5-10 minutes until thickened. Servings: 4 to 6.

Shake n' Bake Mix for Chicken and Fish

4 cups flour
4 cups finely crushed saltine crackers
4 tablespoons sea salt
2 tablespoons sugar
2 teaspoons garlic powder
2 teaspoons onion powder
3 tablespoons paprika
1/4 cup vegetable oil

Combine all ingredients. Mix well. Store in a tightly covered container. Keep in a cool, dry place for up to six months. Refrigerate or freeze for longer storage.

To use: Place an appropriate amount of mix into a large plastic bag for the amount of chicken or fish you will prepare. Moisten chicken or fish pieces with water, beaten egg, buttermilk, milk, or salad dressing to coat, then into the bag. Shake to coat. Bake at 400F until throughly cooked: About 45 minutes for bone-in; 20 minutes boneless chicken or fish, or until done. Do not cover or turn chicken or fish while baking.

Ground Beef "Helper"

1 1/4 teaspoons ground black pepper
1 1/3 cups nonfat dry milk
3 tablespoons onion powder
1/3 cup dry onion flakes
1 tablespoon garlic powder
2 teaspoons beef bouillon granules
2 tablespoons dried parsley flakes

Combine all ingredients and store in an airtight container. Makes about 2 1/2 cups of mix.

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To use: Add 1/2 to 2/3 cup of this mix for each pound of ground beef, according to your taste. You are going to be delighted to discover this mix is even better than commercial Hamburger Helper, without mysterious ingredients and for half the price. Store in an airtight container for up to three months without any loss of flavor.

Hamburger Noodle Skillet: Brown and drain one pound ground beef in large skillet. Stir in 1/2 cup "Helper" Seasoning Mix (more or less, to taste). Add one 8-ounce can seasoned tomato sauce and 1 cup cooked noodles. Mix thoroughly over medium heat. Add one 8-ounce can mixed vegetables. Sprinkle 1/2 cup shredded Cheddar or American cheese and heat just long enough for the cheese to melt. Servings: 4.

Spaghetti Sauce Mix

1/4 cup instant minced onion

1/4 cup dried parsley flakes

1/4 cup cornstarch

1 tablespoon dried green pepper flakes

1 tablespoon sea salt

1 teaspoon instant minced garlic

1/2 teaspoon ground white pepper

1 tablespoon sugar

1 tablespoon dried Italian seasoning

Combine all ingredients in a small bowl and blend well with wire whisk. Spoon mixture into a tightly closed container and store in a cool, dry place. Use mix within 6 months.

To use: Brown 1 pound lean ground beef in a large skillet over medium heat and drain well. Add two 8-ounce cans tomato sauce, one 6-ounce can tomato paste, 2 3/4 cups tomato juice or water, and 1/3 cup seasoning mix. Reduce heat and simmer spaghetti sauce for 30 minutes, stirring occasionally. Servings: 4-6.

Taco Seasoning I

2 teaspoons chili powder

1/4 teaspoon garlic powder

1/4 teaspoon onion powder

1/8 teaspoon cayenne pepper

1/4 teaspoon dried oregano

1/2 teaspoon paprika

1 teaspoon cornstarch

1/2 teaspoon sugar

1 teaspoon ground cumin

1 teaspoon sea salt

1/2 teaspoon ground black pepper

Mix ingredients and store in an airtight container in a dark, cool place. This yields about 7 teaspoons of mix, which is equal to one 1.25-ounce packet of the commercial product. Recipes multiples well.

To use: Brown one pound ground beef over medium-high heat. Drain

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excess fat. Add the seasoning mix and 2/3 cup water. Reduce heat and simmer 10 minutes, stirring occasionally. Makes filling for 8 to 10 tacos.

Taco Seasoning Mix II

6 teaspoons chili powder
5 teaspoons paprika
4 1/2 teaspoons cumin
3 teaspoons onion powder
2 1/2 teaspoons garlic powder
1/8 to 1/4 teaspoon cayenne pepper

Combine all ingredients. Place in an airtight container. Seal well. Store in a cool, dry place for up to six months. Makes 21 teaspoons. Approximately 7 teaspoons of the mix equal a 1.25-ounce package of taco seasoning mix.

Dump Chicken

It's called "Dump Chicken" because you dump the mix (see below) into a 1-gallon freezer bag with the chicken and freeze it. Then when you want to eat it, thaw overnight in the refrigerator and dump it into a pan and cook it.

The following recipes can be made with any 4 to 8 pieces of chicken, bone-in or boneless, skin-on or skinless, even whole. Experiment to see what you prefer. Simply mix the sauce ingredients, add to the bag with the chicken, seal and freeze.

To use: Thaw the bag overnight in the refrigerator. Pour the contents of the bag into a 9x12-inch pan and bake at 350F until done. Chicken breasts take about 25-35 minutes. Dark meat pieces will take longer.

[According to the USDA it is safe to RE-freeze chicken IF it was thawed properly in the refrigerator, however, there may be a loss of quality due to the moisture lost through defrosting.]

Lemon Garlic Chicken: 2 cloves garlic, chopped, 4 tablespoons olive oil, 2 tablespoons chopped parsley, 2 tablespoons lemon juice, 1/2 teaspoon salt, 1/8 teaspoon pepper, 4-6 chicken breasts.

Garlic Dijon Chicken.
2 cloves garlic minced, 1/2 teaspoon salt, 1/2 teaspoon pepper, 4 tablespoons Dijon Mustard, 2 tablespoons lime juice (or lemon juice), 4-6 chicken breasts.

Spicy Sweet Chicken. 2 teaspoons minced garlic, 2/3 cup apricot preserves, 1/3 cup soy sauce, 1/3 cup ketchup, 1 teaspoon Tabasco sauce, 4-6 chicken breasts.

Russian Chicken: 2/3 cup apricot preserves, 16 ounces Russian dressing, 2 packages dry onion soup mix.

Teriyaki Chicken: 1 clove garlic, crushed, 1/3 cup soy sauce, 2 tablespoons rice wine, 1 1/2 tablespoons cider vinegar, 1 1/2 tablespoons brown sugar, 1 1/2 tablespoons minced ginger.

Spiced Citrus Chicken: 2 table-

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spoons olive oil, 2 tablespoons lime juice, 2 tablespoons orange juice, 2 tablespoons lemon juice, 2 tablespoons chili powder, 2 tablespoons paprika, 1 teaspoon cayenne, 1/2 teaspoon black ground pepper, 1/2 teaspoon seasoning salt.

Spicy Sweet Glazed Chicken: 2 teaspoons minced garlic, 2/3 cup apricot preserves, 1/3 cup soy sauce, 1/3 cup ketchup, 1 teaspoon Tabasco.

Sticky Chicken: 2 tablespoons oil, 1 tablespoon soy sauce, tablespoons ketchup, 3 tablespoons smooth peanut butter.

Honey Sesame Chicken: 1/2 cup chicken broth or water, 3 tablespoons sesame seeds, 3 tablespoons honey, 2 tablespoons Dijon mustard, 1/2 teaspoon ground black pepper, 2 cloves crushed garlic.

Pepper Lime Chicken: 1/2 teaspoon lime zest, 2 cloves minced garlic, 1/4 cup lime juice, 1 teaspoon ground black pepper, 1 tablespoon vegetable oil, 1 teaspoon dried basil, 1/4 teaspoon sea salt.

SIDE DISH MIXES

Long Grain Wild Rice Mix

1 cup long grain brown or white rice

1/2 cup wild rice

1 tablespoon dried parsley flakes

2 teaspoons seasoning salt

1 teaspoon dried thyme leaves

1/2 teaspoon tarragon leaves

1/8 teaspoon white pepper

1/2 teaspoon sea salt

Mix ingredients and store in an airtight container in a cool, dry place. This makes one side dish. You can multiply ingredients to make more mixes. Yield: 2 cups mix, enough to make one side dish. Recipe multiplies well and holds well for up to 1 year in an airtight container.

To use: Bring 3 1/4 cups water to boil in a medium saucepan. Add 2 cups mix, cover pan, reduce heat, and simmer for 50 minutes. Remove pan from heat, and let sit for 10 minutes before fluffing with a fork. Servings: 8.

Chicken Flavored Rice Mix

4 cups uncooked long grain rice

1/4 cup chicken bouillon granules

1 teaspoon sea salt

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2 teaspoons dried tarragon leaves

2 teaspoons dried parsley

1/4 teaspoon white pepper

2 teaspoons dried minced onions

1/2 teaspoon sugar

Combine all ingredients in a large bowl and stir until evenly distributed. Makes about 4 cups of mix.

To use: Mix 1 1/3 cups Chicken Flavored Rice Mix with 2 cups cold water and 1 tablespoon butter in a medium saucepan. Bring to a boil over high heat. Cover pan and reduce the heat to low. Cook for 15 to 25 minutes, or until liquid is absorbed and rice is tender. Servings: 4-6.

Curried Rice Mix

1 cup long-grain rice

1 chicken bouillon cube, crumbled

2 tablespoons dried minced onion

1/4 cup raisins

1/2 teaspoon curry powder

Combine ingredients in an airtight container and store in a cool, dark place.

To use: In a medium saucepan bring 2 1/2 cups water to a boil. Add rice mix. Cover and reduce heat to simmer for 20 minutes. Servings: 6.

Alfredo Noodles Mix

1 cup nonfat dry milk

2 teaspoons grated Romano or Parmesan cheese

1/3 cup dried minced onion

1 teaspoon garlic powder

1/2 teaspoon sea salt

1/2 teaspoon white pepper

Measure all ingredients into a zip-type bag, seal and shake to combine. Label and store in the refrigerator.

To use: Combine 1/4 cup mix with 2 tablespoons melted butter and 1/4 cup milk. Using a wire whisk, stir until well incorporated. Pour over hot, cooked pasta and toss to mix.

Beer Batter Mix

1 1/4 cups all-purpose flour

2 teaspoons sea salt

1 teaspoon paprika

1/2 teaspoon baking powder

Measure all ingredients into a zip-type bag, seal and shake.

To Use: Pour 1 can of beer and contents of the bag into a bowl, mixing well. Dip vegetables like zucchini, eggplant, onion rings and so forth prior to placing into the deep fryer. May also use to batter fish or fruit.

Stuffing Mix

30 slices dry bread

3 tablespoons instant minced onion

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2 teaspoons garlic salt

1/2 teaspoon seasoned pepper

1/3 cup cooking oil

3 tablespoons dried parsley flakes

3/4 teaspoon ground sage

Preheat oven to 300F. Cut bread slices into 1/2-inch cubes and place in two 13x9-inch baking pans. Toast bread cubes for 45 minutes, or until toasted, stirring occas-ionally. Remove from oven and cool slightly. In large bowl gently toss bread cubes with oil and seasonings to coat cubes. Place in a large airtight container. Store in the refrigerator and use within 2 months. You can freeze the mix up to 6 months.

To use: Place 1 1/2 cups water, chicken stock or vegetable stock and 2 tablespoons butter in a sauce pan over medium heat and bring to a boil. Stir in 2 cups of stuffing mix. Cover. Remove from heat and let stand for minutes. Fluff with fork. Servings: 6.

Boston Baked Beans Mix

2 cups small white pea beans

1/2 teaspoon dried thyme

1 bay leaf, crushed

1/4 teaspoon ground ginger

1/2 teaspoon ground black pepper

1 1/2 teaspoons sea salt

2 tablespoons dry mustard

Measure all ingredients into a zip-type bag, shake to combine, seal and label.

To use: Pour the contents of the bag of mix into a slow cooker, along with 2 slices of bacon, chopped; 4 3/4 cups water, 3/4 cup chopped onion, 3 tablespoons dark molasses. Cook on Low for 10 to 12 hours.

Veggie Burger Mix

1/2 cup dry garbanzo beans

1/2 cup dry soybeans

1/2 cup dry lentils

1/2 cup yellow split peas

1/2 cup instant brown rice

1/2 cup rolled oats

1 packet dry Italian dressing mix (or 2 tablespoons of Italian Dressing Mix on page 15)

1/4 cup bread crumbs

1/4 cup cornmeal

1 1/2 teaspoons baking soda

Grind all ingredients together in blender or food processor. Store in sealed bags.

To Use: Mix 1 cup mix with 2/3 cup liquid (broth, barbecue sauce, water or wine). Mix well, set aside for 12-15 minutes. Shape into burgers and cook on stove or grill.

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SALAD DRESSING MIXES

Italian Dressing Mix I

1 1/2 teaspoons garlic powder
1 tablespoon onion powder
2 tablespoons ground oregano
1 tablespoon dried parsley
1 tablespoon granulated sugar
2 tablespoons sea salt
1 teaspoon black pepper
1 teaspoon ground basil
1/4 teaspoon ground thyme
1/2 teaspoon dried celery flakes

Combine all ingredients and store in an airtight container.

To use: Combine 2 tablespoons of the mix with 1/4 cup vinegar, 2 tablespoons water, and 1/2 to 2/3 cup olive or canola oil.

Italian Dressing Mix II

1/3 cup grated Parmesan cheese
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon paprika
2 teaspoons celery seed
1 tablespoon sesame seeds
1 tablespoon dried Italian seasoning blend
1/2 teaspoon dried oregano leaves
1/2 teaspoon dried basil leaves
1 teaspoon sea salt
1/8 teaspoon ground black pepper

Mix ingredients in a medium bowl and stir well to blend. Store mix in an airtight container in the refrigerator. Will keep for several months.

To use:

Oil and Vinegar Dressing:
2 tablespoons mix, 2 tablespoons water or white wine, 1/3 cup red wine vinegar, 1/2 cup extra virgin olive oil. Combine ingredients in a glass jar with screw top lid. Shake vigorously to combine.

Creamy Italian Dressing:
1 tablespoon mix, 1/4 cup mayonnaise or plain yogurt,
1 tablespoon water. Combine ingredients in a small bowl and blend thoroughly with a wire whisk until blended.

Creamy Italian Dip: 2 tablespoons mix, 1/3 cup mayonnaise, sour cream, or plain yogurt and 2 teaspoons Dijon mustard. Combine ingredients in a small bowl and blend thoroughly with a wire whisk until blended. Serve with baby carrots, celery sticks, red pepper strips, tortilla chips and potato chips.

NEW! Ranch Dressing Mix

2 tablespoons black ground pepper
2 tablespoons dry minced garlic

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2 tablespoons dry minced onion

2 tablespoons garlic salt

2 tablespoons onion salt

6 tablespoons dried parsley flakes

Mix all ingredients together and store in a small bowl or Ziploc bag. Makes enough for about 12 batches of dressing.

To make dressing, whisk till smooth:

1-2 tablespoons of dry mix

1 cup mayonnaise

1/4 cup sour cream (fat free is fine)

3/4 cup buttermilk

Notes:

You can use all buttermilk in place of the sour cream/buttermilk mix, but the dressing will be pretty thin.

DO NOT substitute Miracle Whip or fat-free mayonnaise for the mayonnaise in the recipe. You will be very sorry if you think it won't matter..

This homemade ranch dressing beats the tar out of the bottled stuff.

Ranch Dressing Mix II

1/2 cup dry buttermilk

1 tablespoon dried parsley, crushed

1 teaspoon dried dill weed

1 teaspoon onion powder

1 teaspoon dried onion flakes

1 teaspoon sea salt

1/2 teaspoon garlic powder

1/4 teaspoon ground pepper

Combine all ingredients in your food processor and grind until it becomes a fine powder. Store in an airtight container.

To use: Combine 1 tablespoon mix with 1 cup mayonnaise and 1 cup milk.

Ranch Dressing Mix III

2/3 cup dried parsley flakes

1/4 cup finely crushed saltine crackers

1/3 cup dried minced onion

3 tablespoons garlic salt

2 tablespoons onion salt

1 tablespoon garlic powder

1 tablespoon onion powder

1 tablespoon dried dill weed

1/4 teaspoon ground black pepper

In a medium mixing bowl, combine all ingredients and mix well with a wire whisk. Store in an airtight container in a cool dry place.

To use: Combine 1 tablespoon mix with 1 cup mayonnaise and 1 cup buttermilk. Mix well and refrigerate until serving.

Thousand Island Dressing Mix

1/2 cup dried parsley flakes

1/4 cup finely crushed saltine crackers

1/4 cup dried minced onion

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3 tablespoons garlic salt

3 tablespoons onion salt

1 tablespoon garlic powder

1 tablespoon dried dill weed

1/8 teaspoon white pepper

In a medium mixing bowl, combine all ingredients and mix well. Store in an airtight container in a cool dry place.

To use: Combine 1 tablespoon mix, 1 cup mayonnaise, 1 cup buttermilk, 1/2 cup chili sauce and 1/4 cup pickle relish. Blend well. Optional: Add one hard-cooked egg, finely chopped.

Low-Calorie Salad Dressing Mix

3 tablespoons instant minced onion

3 tablespoons dried parsley flakes

2 teaspoons instant horseradish

3 tablespoons dried green pepper flakes

1 teaspoon dried thyme leaves

1/4 teaspoon sea salt

1/8 teaspoon white pepper

Combine all ingredients in a small bowl and blend well with wire whisk. Pour into an airtight container and store in a cool, dry place.

To use: Combine 1 1/2 tablespoons mix, 3/4 cup tomato juice and 2 tablespoons fresh lemon juice in a glass jar with a screw top lid. Shake well to blend. Chill before serving.

Caesar Salad Dressing Mix

1 tablespoon finely chopped dried lemon peel

1/4 teaspoon garlic powder

1/2 teaspoon ground black pepper

1 teaspoon dried oregano leaves

1 teaspoon dried thyme leaves

6 tablespoons grated Parmesan cheese

1/2 teaspoon sea salt

Mix all ingredients in a small bowl and store in a tightly closed jar in the refrigerator.

To use: Place 1/4 cup mix in a screw-top jar. Add 1/2 cup olive oil and 1/4 cup fresh lemon juice. Close jar and shake well to blend.

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BEVERAGE MIXES

Vanilla Chai Tea

1 cup nonfat dry milk
1 cup powdered non-dairy creamer
1 cup French vanilla powdered non-dairy creamer
2 1/2 cups granulated sugar
1 1/2 cups unsweetened instant tea
2 teaspoons ground ginger
2 teaspoons ground cinnamon
1 teaspoon ground cloves
1 teaspoon ground cardamom
1 teaspoon ground nutmeg
1 teaspoon allspice
1/4 teaspoon white pepper

Combine all ingredients in a food processor and blend until it is a fine powder.

To use: Add 2-3 tablespoons of mix to 8 ounces of hot water or milk.

Café Cappuccino

1/4 cup powdered creamer
1/3 cup granulated sugar
1/4 cup instant coffee
1 orange-flavored piece hard candy

Place ingredients in blender and process until fine powder. Store in an airtight container.

To use: Spoon the mix into a cup by tablespoon to taste; add hot water and stir until mixed.

Café Swiss Mocha

1/4 cup powdered creamer
1/3 cup granulated sugar
1/4 cup instant coffee
2 tablespoons unsweetened cocoa

Place all in blender and process until fine powder. Store in an airtight container.

To use: Spoon the mix into a cup by tablespoon to taste; add hot water and stir until mixed.

Café Viennese

1/4 cup powdered creamer
1/3 cup granulated sugar
1/4 cup instant coffee
1/2 teaspoon ground cinnamon

Place all in blender and process until fine powder. Store in an airtight container.

To use: Spoon the mix into a cup by tablespoon to taste; add hot water and stir until mixed.

Instant Spiced Tea

2 cups powdered Tang
1 1/2 cups granulated sugar
3/4 cup instant tea

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2 packages unsweetened lemonade Kool-Aid

1 teaspoon ground cloves

1 teaspoon ground cinnamon

Combine all ingredients. Store in an airtight container.

To use: Add 2 heaping teaspoons, or to taste, to 1 cup boiling water.

Mexican Hot Chocolate Mix

1/3 cup light brown sugar

3/4 teaspoon ground cinnamon

1 1/2 teaspoons powdered vanilla

1/4 cup unsweetened cocoa

2 1/2 cups nonfat dry milk

Combine all ingredients in a small bowl. Store in an airtight container.

To use: Place 2 to 3 tablespoons mix in one cup of boiling water, stir. Garnish with cinnamon stick.

White Hot Chocolate

2 cups grated white chocolate

1 3-ounce package white chocolate pudding mix

1 or 2 teaspoons dried orange peel, finely ground, if desired

In a small bowl, combine all ingredients. Store in an airtight container in a cool dark place.

To use: In a small saucepan, heat 1 1/2 cups milk until bubbles form around edges. Add 1/4 cup mix and whisk until the chocolate is melted and beverage is blended. Remove from heat. Stir in 1/4 teaspoon vanilla extract. Servings: 2.

Friendship Tea

1 cup powdered Tang

1/2 cup instant sweetened lemonade drink mix

1 1/2 cups sugar

1 cup instant unsweetened tea

Combine the ingredients in a large bowl and mix well. Store in an airtight container.

To use: Place 1 tablespoon of mix in a mug, add one cup boiling water, stir and enjoy.

Wassail

1/2 cup sugar

2 teaspoons ground cinnamon

1/2 teaspoon ground nutmeg

1/2 teaspoon ground cloves

1/2 teaspoon ground allspice

1/2 teaspoon ground ginger

1/2 teaspoon cardamom

1 teaspoon dried orange peel

Combine all ingredients and store in small airtight glass or plastic con-

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tainer. This is a traditional Christmas Holiday beverage.

To use: Stir one teaspoonful into a cup of hot apple juice, apple cider, cranberry juice cocktail, tea or red wine.

Hot Buttered Rum

1 cup unsalted butter, softened

1 pound powdered sugar, sifted

1 pound light brown sugar

1 quart vanilla ice cream, softened

In a large bowl, beat butter and the sugars together until smooth. Add the softened ice cream and mix until creamy and well blended. Place this mixture in a freezer container with a tight fitting lid, and store in the freezer for up to one month.

To use: Place 2 heaping tablespoons of the frozen mix in a coffee mug. Add 1 to 2 tablespoons dark rum. Add 6 ounces boiling water and stir until the mixture is melted; serve at once.

Amaretto Coffee Creamer

1 cup non-dairy coffee creamer

1 1/4 teaspoons almond extract

1 1/4 teaspoons ground cinnamon

1 cup powdered sugar

In a jar with a screw-top lid, combine all ingredients and shake well to blend.

To use: Place 2 tablespoons of creamer (or to taste) in a mug and fill with 6 ounces of coffee.

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DESSERT MIXES

Chocolate Pudding Mix

1/2 cup powdered sugar

1 1/2 cups granulated sugar

1 cup unsweetened cocoa

2/3 cup cornstarch

1/8 teaspoon sea salt

Combine all ingredients and store in container with tight-fitting lid. Makes 3 cups mix, yielding 12 servings.

To use: Combine 1/2 cup mix, 4 teaspoons butter and 1 1/3 cups milk in a small saucepan. Heat over low heat, stirring constantly, until mixture boils. Boil gently, stirring constantly, for one minute. Remove from heat and stir in 1/8 teaspoon vanilla. Pour into serving dishes and chill until thickened. Servings: 2.

Butterscotch Pudding Mix

1 1/2 cups dark brown sugar

1/3 cup granulated sugar

3/4 cup nonfat dry milk

1 cup cornstarch

1/2 teaspoon sea salt

Combine all ingredients and store in container with tight-fitting lid. Makes 3 cups mix, yielding 24 servings of prepared pudding.

To use: Combine 1/4 cup mix, 2 tablespoons butter, and 1 cup milk in a small saucepan. Heat over low heat, stirring constantly, until mixture boils. Boil gently, stirring constantly, for one minute. Remove from heat and stir in 1/8 teaspoon vanilla extract. Pour into serving dishes and chill until thickened. Servings: 2.

Vanilla Pudding Mix

1 1/2 cups nonfat dry milk

1/2 cup granulated sugar

3/4 cup powdered sugar

1 cup sifted cornstarch

1/2 teaspoon sea salt

Combine all ingredients and store in container with tight-fitting lid. Makes 3 cups mix, yielding 24 servings of prepared pudding.

To use: Combine 1/4 cup mix and 1 cup milk in a small saucepan. Heat over low heat, stirring constantly, until mixture boils. Boil gently, stirring constantly, for one minute. Remove from heat and add 1/2 teaspoon vanilla extract, stirring well. Pour into serving dishes and chill until thickened. Servings: 2.

Lemon Pie-Filling Mix

2 1/2 cups presweetened powdered lemonade mix

1 cup plus 2 tablespoons cornstarch

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1 1/4 cups sugar, more for sweeter flavor

1 teaspoon sea salt

In a medium bowl, combine all ingredients and mix well. Put into an airtight container. Use within 8 months.

To use: Prepare pie crust. In a large saucepan combine 1 1/4 cups Lemon Pie-Filling Mix, 1/2 cup of water and 3 egg yolks. Mix until smooth. Add remaining 2 cups water. Cook over medium heat, 4 to 5 minutes, stirring constantly until mixture is thick and bubbly. Remove from heat. Add 2 tablespoons butter and stir until melted. Cover and let cool 5 minutes. Stir. Pour into baked pie crust. Cover and refrigerate 3 hours. Top with whipped cream or meringue before serving.

Chocolate Syrup Mix

1 1/3 cups unsweetened cocoa powder

2 1/4 cups granulated sugar

1/4 teaspoon sea salt

1 1/3 cups boiling water

1 1/2 teaspoons vanilla extract

In a heavy saucepan, combine cocoa, sugar and salt. Gradually stir in boiling water. Stir frequently over medium heat until smooth and slightly thickened, about 10 minutes. Remove from heat. Stir in vanilla. Pour mixture into a 3-cup container with a tight-fitting lid. Store in refrigerator. Use within 3 months. Yield: 2 2/3 cups syrup.

To use: In a small saucepan, combine 1 1/2 cups chocolate syrup and 6 tablespoons butter. Cook over low heat until smooth, thick and shiny, 5 to 7 minutes. Stir in 1 teaspoon vanilla extract. Yield: 1 1/2 cups hot fudge sauce.

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BAKING MIXES

Master Baking Mix

5 pounds all-purpose flour

2 1/2 cups nonfat dry milk

3/4 cup double-acting baking powder

2 tablespoons cream of tartar

3 tablespoons sea salt

1/2 cup sugar

4 2/3 cups (2 pounds) solid vegetable shortening

Get out the biggest mixing bowl you can find. Sift dry ingredients together. Cut in shortening until mix looks like cornmeal. Store at room temperature in a large sealable container. Yield: 30 cups mix.

One dozen biscuits: Mix together 3 cups master mix and 3/4 cup water. Blend and knead a few strokes. Roll out and cut biscuits with a round biscuit cutter, into squares or diamond shapes. Place on ungreased cookie sheet; bake 10 minute at 450F.

One dozen cheese biscuits: Mix together 2 cups master mix, 1/2 cup water and 1/3 cup grated sharp Cheddar cheese. Add water and stir 20 to 25 strokes. Turn onto lightly floured board; knead about 15 times. Roll to 1/2-inch thick. Cut with floured biscuit cutter. Place on ungreased cookie sheet; bake at 425F for 10 minutes. Brush with melted garlic butter, if desired.

Dumplings: Use the same measurements as for biscuits. Drop into hot liquid of choice. Cook 10 minutes uncovered and an additional 10 minutes covered.

Muffins: 3 cups master mix, 1/2 cup sugar, 1 egg, 1 cup water. Mix water and egg; add dry ingredients. Add optional items such as blueberries, chocolate chips, nuts and so forth, as desired (see below). Bake in 12 muffin cups for 25 minutes at 400F.

Variations:

Apple muffins: Add 3/4 cup peeled, finely-diced apple, 1/4 teaspoon cinnamon and a dash of ground nutmeg to muffin batter.

Blueberry muffins: Add 1/2 cup canned, fresh or frozen blueberries without juice to muffin batter.

Banana muffins: Reduce water to 1/2 cup and add 1/2 cup mashed banana and 1/4 teaspoon nutmeg to muffin batter.

Bran muffins: Reduce mix to 1 1/2 cups and add 1/2 cup all-bran type cereal to dry ingredients.

Cheese muffins: Add 1/2 cup grated Cheddar cheese to dry ingredients.

Coffee Cake: 3 cups Master Mix,

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1/2 cup sugar, 1 egg and 2/3 cup water. Blend all ingredients and pour into a greased 9-inch cake pan. Cover with topping: 1/2 cup brown sugar, 3 tablespoons butter, 1/2 teaspoon cinnamon. Optional: Add 1/2 cup nuts or raisins to the topping mix. Bake at 400F for 25 minutes.

Pancakes or waffles: 3 cups master mix, 1 1/2 cups water, 1 egg. Blend only until barely incorporated. Prepare pancakes (18) or waffles (6) as usual.

Gingerbread: 2 cups master mix, 1/4 cup sugar, 1 egg, 1/2 cup water, 1/2 cup molasses, 1/2 teaspoon each cinnamon, ginger and ground cloves. Beat egg together with the water and molasses. Mix well with dry ingredients until all are incorporated. Pour into greased 8-inch square cake pan. Bake 40 minutes at 350F.

Cornbread: 1 1/4 cups master mix, 3/4 cup cornmeal, 1 egg, 1 tablespoon sugar, 1/2 cup water. Mix all ingredients until fully incorporated. Pour into 8-inch greased pan or muffin cups. Bake 25 minutes at 400F.

Shortcake: 2 cups master mix, 2 tablespoons sugar, 1/2 cup water. Mix all ingredients and bake in a greased 8 x 8 pan, or roll out and cut into individual cakes to be placed on a cookie sheet. Bake 25 minutes at 400F, or a few minutes less for individual shortcakes, just until they begin to brown.

Pizza dough: 1 cup master mix, 1/4 cup water. Mix ingredients with a fork until all are incorporated. Roll in a circle 1/4-inch thick. Place on lightly greased cookie sheet and turn up edges of dough. Bake in 425F oven for a few minutes or until it begins to turn golden brown. Remove from oven and quickly add pizza sauce and toppings of choice. Return to oven for 10 minutes, or until done.

Chocolate chip cookies: 3 cups master mix, 1 cup sugar, 1 egg, 1/3 cup water, 1 teaspoon vanilla, 1/2 cup nuts and 1/2 cup chocolate chips. Stir together mix and sugar. Add water, egg and vanilla in a small bowl and beat slightly. Add to dry ingredients. Add nuts and chips and stir to mix well. Drop by teaspoonfuls onto a greased baking sheet. Bake at 375F for 10 to 12 minutes, or until slightly browned. Yield: 2 dozen cookies.

Peanut butter cookies:
2 cups master mix, 2/3 cup granulated sugar, 1 cup chunky peanut butter, 1 beaten egg, 1 tablespoon water. Stir sugar and peanut butter into master mix. Combine water and egg, then add to mix. Stir thoroughly. Shape into a log. To bake now, slice the log into 1/4-inch slices. Shape each slice into a ball, place on ungreased cookie sheet and flatten with a floured fork. Bake

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at 375F for 10 to12 minutes. The rolled cookie dough log can be wrapped airtight in waxed paper or plastic wrap and refrigerated several days before baking. Yield: 3 1/2 dozen cookies.

Oatmeal cookies: 1 cup master mix, 1/2 cup sugar, 3/4 cup oatmeal, 1/2 teaspoon cinnamon, 1/8 teaspoon cloves, 3 tablespoons water, 1/4 cup chopped nuts, 1/4 cup raisins. Stir together mix, sugar, oatmeal and spices. Add water to egg and beat slightly. Add to dry ingredients. Add nuts and raisins and stir to mix well. Drop by teaspoonfuls onto a greased baking sheet. Bake at 400F for 10 to 12 minutes, or until slightly browned. Yield: 2 dozen cookies.

Basic cake: 1 1/2 cups master mix, 1/2 cup sugar, 1/2 cup water, 1 egg, 1/2 teaspoon vanilla extract. Grease and flour bottom of a 9-inch cake pan. Stir sugar into mix. Combine water, egg and vanilla in a small bowl and beat slightly. Add half the liquid to mix and beat 2 minutes at medium speed with an electric mixer or 200 strokes by hand. Add the other liquid and beat one minute. Pour batter into pan. Bake at 375F for about 25 minutes, until a knife inserted in the middle comes out clean.

Variations:

Apple Spice Cake: Omit water and vanilla. Add 1/2 cup applesauce, 1/2 teaspoon ground cinnamon, 1/4 teaspoon ground nutmeg and 1/8 teaspoon ground cloves. Increase sugar to 2/3 cup. Stir in 1/3 cup raisins and 1/2 cup nuts (optional).

Banana Cake: Reduce water to 1/3 cup. Add 1/2 to 2/3 cup mashed banana (about 2 small bananas).

Upside-Down Cake: Mix together ingredients for cake batter. (If the fruit juice you drain from the canned fruit is light colored, substitute it for part or all of the water.) Melt 1/4 cup butter in a 9-inch ovenproof skillet. Sprinkle 1/2 cup packed brown sugar over melted butter. Arrange 1 1/2 cups fruit over the sugar (drained sweet cherries, peaches, pineapple, apricots or other fruit may be used). Spread cake batter over the fruit. Bake for 30 minutes at 350F until center springs back when lightly touched. Cool in pan for 10 minutes, then invert on a serving plate.

Apple cobbler: 6 tablespoons sugar, 2 tablespoons master mix, 1/8 teaspoon cinnamon, 1/4 cup water, 3 cups peeled, thinly-sliced apples, 2 teaspoons butter. Combine sugar, mix, cinnamon and water. Add apples and stir. Pour into a greased 9-inch square baking pan. Dot with butter. *Topping:* 1 cup master mix, 2 tablespoons sugar, 1 egg beaten well, 2 tablespoons water. Add 1 tablespoon sugar to mix. Combine egg and water and stir into mix. Stir well. Spread topping over fruit. Sprinkle remaining

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tablespoon of sugar over topping. Bake at 350F for 30 minutes. Servings: 6 to 8.

Banana Nut Bread: 3 cups master mix, 2 eggs, beaten, 2/3 cup sugar, 1 cup mashed bananas (about 2 medium), 1/2 cup chopped nuts, 1/2 cup milk, 1/2 teaspoon vanilla extract. Preheat oven to 350F. Grease 9x5-inch loaf pan. In medium bowl combine all ingredients, stirring to blend. Turn out into prepared pan. Bake 50 to 60 minutes until toothpick inserted in center comes out clean. Cool on rack 5 minutes. Turn out of pan. Cool right-side up on rack.

Variations:

Pumpkin Bread: Substitute 1 cup mashed, cooked pumpkin for bananas and add 1/2 teaspoon each ground nutmeg and ground cloves. Stir to blend. Stir in 1/2 cup chopped nuts and 1/2 cup raisins.

Zucchini Bread: Substitute 2 cups unpeeled, grated, well-drained zucchini for bananas, add 3 tablespoons orange juice and one teaspoon grated orange peel. Bake at 325F for 60 to 70 minutes.

Date Nut Bread: Substitute 1 cup chopped dates for bananas and increase milk to 3/4 cup. Raisins, chopped prunes or figs can be substituted for dates.

Master Cake Mix

7 1/2 cups sifted cake flour

1 tablespoon sea salt

4 1/2 cups granulated sugar

2 tablespoons double acting baking powder

3/4 cup cold butter

In very large bowl, combine flour, salt, sugar and baking powder. Mix well to blend. Cut the butter into small pieces and place in food processor bowl along with 2 cups of the flour mixture. Cover and process until mixture is very fine. Make sure that the butter is evenly distributed in the flour mixture. If it isn't, your cakes will have uneven texture and each will turn out differently. Add to remaining flour mixture and mix well using a wire whisk.

Divide the cake mix into three equal portions (about 4 cups each) by lightly scooping the mix into measuring cups and leveling off with the back of a knife. Place each portion into a quart glass jar or heavy duty zip-type plastic bags. Cover tightly and store in the refrigerator for up to a month, or in the freezer for up to three months. Each portion of cake mix will make two 8-inch cakes or one 13x9-inch cake.

Note: Make sure you measure the flour correctly for this recipe. Do not scoop flour using a measuring cup. Spoon the flour into the measuring cup from the bag. Also make sure

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that you follow the directions, including beating times, to the letter. The gluten in the flour has to develop a bit to form the cake's structure. And the butter needs to be dissolved in the batter for the best texture.

Yellow Cake: Preheat oven to 350F. Prepare two 8-inch round cakes pans or one 13x9-inch pan with nonstick spray or grease and flour. Pour one portion of the cake mix (about 4 cups) into a large bowl. Add 2 teaspoons vanilla extract, 1/2 cup oil, 3 eggs, and 1 cup milk. Beat mixture 1 minute with electric mixer at low speed until blended. Scrape sides and bottom of bowl and beat 2 minutes longer at medium speed until batter is smooth.

Pour into prepared pans and bake the layer cakes at 350F for 20-30 minutes, or until cake springs back when pressed lightly in center and begins to pull away from edges of pan. Bake the 9x13-inch cake for 25-35 minutes until the cake tests done.

White Cake: Follow instructions above for Yellow Cake, substituting 4 egg whites for the 3 eggs.

Chocolate Cake: Follow instructions for Yellow Cake, using these ingredients: 4 cups cake mix, 3 tablespoons cocoa, 1/4 cup hot water, 2 teaspoons vanilla extract, 1/3 cup oil, 3 eggs, 1 cup milk and 2 1-ounce squares unsweetened chocolate, melted and cooled.

Master Muffin Mix

18 cups all-purpose flour

5 cups granulated sugar

2 1/4 cups nonfat dry milk

6 tablespoons baking powder

2 tablespoons baking soda

2 tablespoons sea salt

3 tablespoons ground cinnamon

3 teaspoons ground nutmeg

In the biggest bowl you can find, mix all ingredients together well, breaking up any lumps. Store in a large airtight container in a cool, dry place. This mix has a shelf life of 6 to 8 months. Yield: 5 batches of 24 muffins each.

To use: Preheat oven to 400F. Grease 24 muffin tins with shortening, butter or cooking spray. In a large bowl beat 4 eggs, 3 teaspoons vanilla, 2 cups water and up to 1 cup oil or butter (any amount of fat from none up to
1 cup works well; adjust for your taste and nutritional desires). Stir in 5 1/2 cups muffin mix and any additional ingredients desired (see the 50 variations that follow) just until moistened. The batter should be lumpy. Fill muffin tins 3/4 full. Top with streusel or crunchy topping (below), if desired. Bake for 18 to 20 minutes or until muffins are golden brown.

Streusel Topping for 24 muffins: 1 cup sugar, 1 teaspoon ground cinnamon, 2/3 cup flour, 1/2 cup

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cold butter. Mix together sugar, cinnamon and flour. Cut in butter until crumbly. Sprinkle over unbaked muffins. Bake as directed.

Crunchy Topping for 24 muffins: 1 cup rolled oats, 1 cup flour, 1/2 cup brown sugar, 2 teaspoons ground cinnamon, 1/2 cup cold butter. Mix together oats, flour, brown sugar and cinnamon. Cut in butter until crumbly. Use to top unbaked muffins. Bake as directed.

50 Muffin Varieties:

Applesauce: 1 cup applesauce, omit the oil.

Apple: 3 cups raw grated apples, 1 teaspoon ground cloves, 1 cup nuts or raisins.

Apricot: 1 cup chopped dried apricots.

Banana: 2 mashed bananas, 1 cup chopped walnuts.

Blueberry: 2 cups fresh or frozen rinsed blueberries.

Bran: Use only 3 cups of muffin mix. Stir in 4 cups bran cereal, 1/2 cup molasses and 1 cup raisins.

Butterscotch: 2 12-ounce bags butterscotch chips, 1 cup chopped nuts.

Carrot: 2 cups grated carrots, 1 cup raisins, 1 1/2 teaspoons allspice.

Cashew: 2 cups unsalted coarsely chopped cashews.

Cherry: 2 cups fresh or dried pitted cherries.

Chocolate Chip Fudge: 1 1/2 cups cocoa, 1/2 cup sugar, 3 cups mini chocolate chips.

Cream Cheese: Combine two 8-ounce packages cream cheese, softened; 1/2 cup granulated sugar, 2 eggs. Drop one tablespoon of this onto the top of each muffin before baking.

Currant: 1 1/2 cups currants, 1 cup chopped nuts.

Eggnog: 4 teaspoons rum extract, 2 cups eggnog (omit water from recipe). Before baking, top with mixture of 2 tablespoons sugar, 2 teaspoons nutmeg, 1/2 teaspoon cinnamon.

Fig: 2 cups dried chopped figs, 1 cup chopped walnuts.

Fruit: 2 cups dried diced fruit.

Garden Fresh: 1 cup grated carrots, 1 cup grated zucchini, 1/2 teaspoon ground cloves.

Gingerbread: 2 tablespoons ground ginger, 1/2 cup molasses, 2 cups raisins.

Granola: Reduce muffin mix to 4 cups and add 2 1/2 cups Grape Nuts, 2 teaspoons allspice.

Hazelnut: 2 teaspoons ground car-

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damom, 2 cups chopped hazelnuts.

Jam: 1 1/2 cups jam or preserves (strawberry, raspberry, blackberry, cherry), 1 cup chopped nuts.

Kisses and Hugs: 1 1/2 cups cocoa, 1/2 cup sugar. After filling muffin tins 3/4 full, drop one Hershey's kiss into the center of each muffin, pushing it down slightly until kiss is covered. Ice cooled muffins with a glaze of powdered sugar and water.

Lemon: Omit 1 cup water and replace it with 1 cup lemon juice; 1/2 cup nuts.

Lemon Poppy Seed: Two 3.4 ounce packages instant lemon pudding mix, 2 tablespoons poppy seeds; omit 1 cup water and replace with 1 cup lemon juice.

Mandarin: Two 8.14-ounce cans crushed pineapple (undrained); reduce water to 1 cup; 1 1/2 cups shredded carrots.

Maple: 6 tablespoons maple syrup; reduce water to 1 1/2 cups.

Marmalade: 1 1/2 cups orange marmalade, 1 cup chopped nuts (optional), 1 cup orange juice (omit 1 cup of the water).

Mincemeat: 1 1/2 cups mincemeat.

Nutty: 3 cups peanut butter chips, 1/2 cup chopped peanuts.

Oatmeal: Reduce muffin mix to 4 cups and add: 1 cup oats, up to two cups raisins or grated apples.

Orange: 2 cups sour cream, 1 cup nuts or coconut, 2 11-ounce cans mandarin oranges (drained).

Peach: 2 cups fresh or 1 large can (drained) chopped peaches.

Pear: 2 cups fresh or 1 large can (drained) chopped pears.

Peanut Butter Banana: 1 cup peanut butter, 1/2 cup chopped peanuts, 3 mashed bananas.

Peanut Butter and Jelly: 1 cup peanut butter, 1/2 cup chopped peanuts; drop 1 tablespoon jam into each muffin before baking.

Pineapple: 1 teaspoon ground cloves, 1 large can crushed pineapple (drained), 1 jar (7 ounces or about 1 cup) chopped macadamia nuts.

Pineapple Carrot Raisin: 1 cup each grarted carrots, crushed pineapple (drained) and raisins; 1 cup chopped walnuts (optional).

Prune Poppy Seed: 1 to 2 cups chopped prunes, 1/3 cup poppy seeds.

Pumpkin: 2 cups pureed pumpkin or 1 regular sized can solid pack pumpkin, 1 tablespoon pumpkin pie spice, 1/2 cup each chopped nuts and raisins.

Raspberry: 2 cups fresh or frozen whole, unsweetened raspberries.

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Sesame Seed: 1 cup toasted sesame seeds. Before baking, top with mix of 1/2 cup nuts, 4 tablespoons brown sugar, 4 tablespoons sesame seeds, 2 tablespoons flour, 1/2 teaspoon each ground cinnamon and ground nutmeg.

Sour Cream: Omit 1 cup water and add: 1 cup sour cream, 2 cups nuts and 2 teaspoons lemon zest.

Strawberry: 2 cups fresh or frozen strawberries, chopped.

Sweet Potato: 1 tablespoon all-spice, 4 tablespoons dry orange peel, 2 10-ounce cans sweet potatoes, mashed, well-drained (about 2 1/2 cups).

Tropical Treat: 1 cup dried mango or papaya, chopped; 1 cup chopped banana chips or 2 fresh mashed bananas, 2 cups macadamia nuts, chopped; 1/2 cup shredded or flaked coconut; 1/2 cup sour cream, 2 teaspoons lemon zest.

Vanilla: 2 packages vanilla chips.

Walnut: 1 1/2 cups chopped walnuts.

Wheat Germ: 2 2/3 cups wheat germ, 1/2 cup additional water. Before baking, top muffins with mix of 1/2 cup wheat germ and 2 tablespoons sugar.

Yogurt: Reduce water to 1 1/2 cups and add 2 8-ounce cartons yogurt, plain or flavored.

Zucchini: 2 cups grated and drained zucchini, 2 tablespoons ground cinnamon, 1 cup chopped nuts (optional).

Cornbread Mix

1 cup yellow corn meal

1 cup flour

1/4 cup sugar (optional)

4 teaspoons baking powder

1/2 teaspoon sea salt

Combine all ingredients. Mix well. Store in a plastic bag or tightly covered container at room temper-ature for up to six months.

To use: Pour mix into a large size bowl. Add 1 egg, 1 cup milk, and 4 tablespoons softened butter. Beat for 1 minute or until smooth. Pour into a greased 8x8x2-inch baking pan. Bake at 425F for 20 to 25 minutes. Check doneness by insert-ing a knife into the center. If the blade comes out clean, it is done.

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Chocolate Chip Butterscotch Cookie Mix

9 cups all-purpose flour

4 teaspoons baking soda

2 teaspoons sea salt

3 cups packed brown sugar

3 cups granulated sugar

4 cups shortening

8 cups semisweet chocolate chips

4 cups butterscotch chips

In a very large bowl, stir together flour, baking soda, salt, and sugars. Add the shortening and stir until mixture is mealy.

Lightly stir in chocolate chips and butterscotch chips until they are distributed evenly.

Mix can be stored in an airtight container for about 3 months. Yield: 24 cups mix.

To use: Preheat oven to 375F. In a large bowl, beat 2 eggs and 1 teaspooon vanilla extract until well blended. Add 4 cups of cookie mix and stir to combine. Drop by teaspoonfuls onto cookie sheet and bake for 10 to 12 minutes. Yield: 2 dozen cookies.

Brownie Mix

6 cups all-purpose flour

4 teaspoons baking powder

4 teaspoons sea salt

8 cups granulated sugar

1 cup unsweetened cocoa

In a large bowl, combine all ingredients and stir with a wire whisk to break up all lumps until evenly distributed.

Store in an airtight container in a cool, dry place. Use within 3 months. Yield: 15 cups mix.

To use: Preheat to 350F. Grease and flour an 8-inch square pan.

In a medium bowl place 1/4 cup melted butter, 2 beaten eggs, 1 teaspoon vanilla extract and 2 1/4 cups Brownie Mix.

Beat until smooth. Stir in 1/2 cup chopped nuts. Pour into prepared pan. Bake 30 to 35 minuntes, until edges begin to separate from the pan.

Cut into 2-inch bars when cool. Yield: 16 brownies.

Freezer Pie-Crust Mix

6 cups all-purpose flour

2 teaspoons sea salt

1 pound vegetable shortening (2 1/3 cups)

1 1/4 to 1 1/2 cups cold water

Cut seven 12-inch squares of plastic wrap and heavy-duty foil and set aside. In a bowl, combine flour and salt. With pastry blender or heavy-dut mixer, cut in shortening until mix-

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ture resembles cornmeal in texture. Add 1 1/4 cups water all at once. Mix lightly with a fork, until water is absorbed and mixture forms a ball. Add additional water as necessary.

Divide dough into 7 portions. Shape into balls. Flatten each ball slightly.

Wrap each flattened ball in 1 piece of plastic wrap. Place 1 wrapped ball on each piece of foil.

Fold foil tightly against ball, making an airtight seal. Store in freezer. Use within 10 months.

Each package is enough dough for one 8- or 9-inch single-crust pie. If you plan to use a 10-inch pie plate, divide the dough into 6, instead of 7 balls.

To use: Completely thaw 1 or 2 packages of dough. On a floured pastry cloth or between pieces of floured plastic wrap, roll out dough to an 11-inch circle. Dough will be quite thin.

Fit dough into an 8- or 9-inch pie pan without stretching. Trim and flute edge.

For a baked shell, prick bottom and sides with fork tines and bake for 10 to 12 minutes.

For unbaked shell, add filling and bake according to filling directions.

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Books by

Mary Hunt

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Debt-Proof Living

Your fool-proof guide to paying off debt, planning for the future, and breaking free of our debt-loving culture.

The consumer credit industry wants us to believe that debt is necessary to bridge the gap between our pitiful incomes and the lifestyles we desire. But the problem is not that we don't have enough money. It's that we don't know how to manage the money we already have. And until we learn that, more money will never be enough.

In this life-changing book, Mary Hunt shows you how to live a rich, fulfilling life without any consumer debt. By applying her simple principles and specific methods, you will learn how to effectively manage and maximize the money you have. No more guessing, wondering, or worrying. Just peace and a more abundant life. What have you got to lose?

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The Smart Woman's Guide to Planning for Retirement

What does a woman want to do when she retires? Travel? Pursue hobbies? Spend time with friends and family? We all have dreams about what those days will be like. But when it comes to turning those dreams into reality, women's retirement confidence and know-how is low. According to a 2012 survey, 92 percent of women of all ages in this country don't feel they're educated enough to reach their retirement savings goals.

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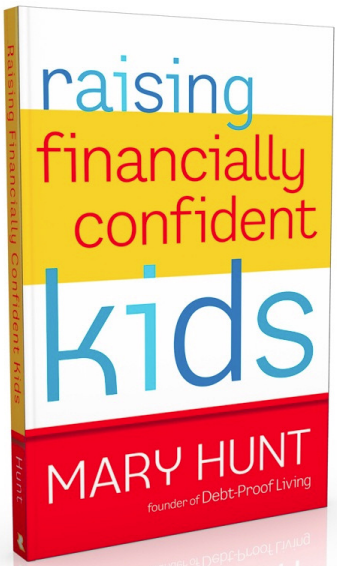

"Kids grow up and leave home to make their own way in the world. That's the way it's supposed to be. But these days, 85 percent of them come back to live with their parents because they're broke and in debt. Don't let this happen to you. Read Raising Financially Confident Kids today, put Mary Hunt's simple, time-tested financial plan for kids into action tomorrow, and you'll be on your way to growing money-smart kids!"

—Dr. Kevin Leman

New York Times bestselling author of *Have a New Kid by Friday*

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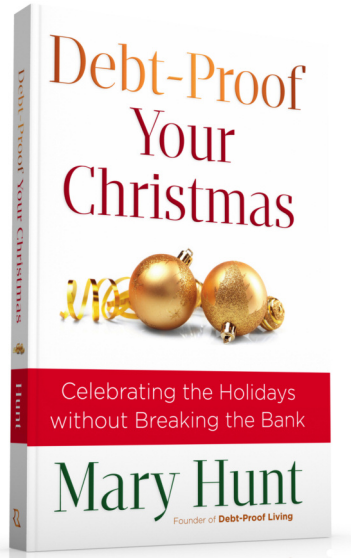

Christmas with no debt, less stress, and more joy!

Christmas may be the most wonderful time of the year, but it's also one of the most stressful–and most expensive. Expectations run high, and it's tempting to whip out the credit cards to create the perfect Christmas, with lavish meals, new decorations, and the latest, greatest gadgets and fashions for everyone on your gift list.

But you don't have to overspend or go into debt to have a fabulous holiday. Financial expert Mary Hunt shows you how to assess your situation, commit to no new debt, and think creatively about gifts. With Mary's guidance, you'll discover what caused you to overspend in the past and how to approach this Christmas with a plan. It just might be the best gift you can give yourself and your family.

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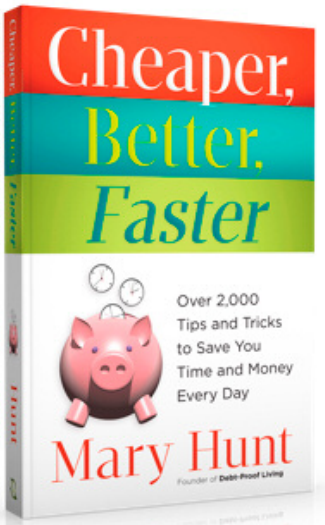
Cheaper, Better, Faster



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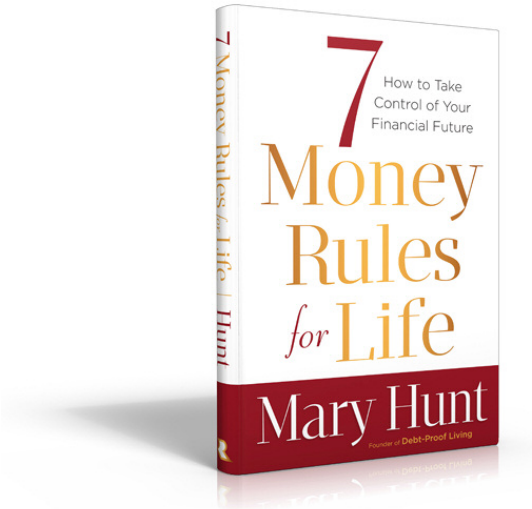

Americans young and old are flunking their finances. A shocking 77 percent live paycheck to paycheck with no savings. And 43 percent of Americans have less than $10,000 saved for retirement, while 49 percent could cover less than one month's expenses if they lost their income. In the face of this bleak financial picture, Mary offers *7 Money Rules for Life*. This no-nonsense and encouraging book will give you the key to get your money under control and get prepared financially for the rest of your life.

Mary takes everything that she's learned over the past twenty years and boils it all down. Presented in a conversational style and readable in a weekend, this book offers applications for each of the seven rules as well as practical advice for how to recover from past financial mistakes. These simple, unchanging, basic rules work in every financial situation, for every income level, and for every stage of life.

Money mastery isn't really that hard. 7 Money Rules for Life can help you change your future from uncertain to rock-solid with principles you can apply right away.

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See you tomorrow and every day!

Mary Hunt,

award-winning and best-selling author, syndicated columnist and sought-after motivational speaker, is the founder of Debt-Proof Living, a highly regarded organization consisting of an interactive website, monthly newsletter, daily syndicated column and hundreds of thousands of loyal followers.

Now in its 29th year, DPL is dedicated to pro-viding hope, help and realistic solutions for individuals who are striving to live their lives below their means.

As a speaker, Mary travels extensively addressing conferences, corporations, colleges, universities and churches at home and abroad.

A frequent guest on radio and television, she has appeared on dozens of television shows including, "TODAY Show," "Dr. Phil," "Good Morning America," "The Oprah Winfrey Show," "Huckabee," and "Dateline."

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