



Eco-Cuisine, Inc.

A Flexitarian® True to Nature Company

Basic Muffin & Pancake Mix Dry Mix

For additional product information, instructions, and recipes in this document have been prepared by Ron Pickarski, the first plant-based vegetarian chef to be certified as an Executive Chef by the American Culinary Federation. Chef Ron is also an expert in the preparation of traditional cuisine, but specializes in gourmet vegetarian cuisine prepared with plant-based foods.

For preparation assistance, menu development, special product application and technical information please contact Ron Pickarski at ron@eco-cuisine.com or call at (303) 402-0289. Product training videos are on Eco-Cuisine's web page at www.eco-cuisine.com Chef Pickarski will instruct you on how to work with the products and assist your company in integrating this vegetarian product into your menu with minimum effort



Description & Recipe Application/Uses: Eco-cuisine's all-natural Basic Muffin & Pancake dry mix has an off-white color & a slightly granulated texture, & may be prepared with or without dairy products (Flexitarian®). Any creative muffin variations may be made by adding flavorings, fruit or nuts to the Basic mix (Blueberry, Banana, Bran, Cranberry Orange, etc.). Other applications include pancakes, coffee cake, Upside Down Pineapple Cake, cobbler topping, quick breads & jelly rolls. The baked product is freeze-thaw stable & has a shelf life of 3-5 days in airtight, sealed containers. Bone Char free sugar used in the mix. Kosher Certified

Muffin Pancake Recipe Sampling:

- Basic Vegan Muffin Recipe Instructions
- Cranberry Orange Streusel Coffee Cake*
- Pineapple Upside Down Muffin Cake
- Blueberry Muffin Recipe
- Banana Walnut Muffin
- Bran Muffin
- Chocolate Chip Pecan Muffin
- Pumpkin Muffin Chocolate Chip Muffin
- Cinnamon/Cocoa Coffee Cake
- Lemon Poppy Seed Muffin
- Cranberry Orange Muffins
- Cherry Chocolate Chip Muffin
- Waffle mix
- Blueberry Streusel Coffee Cake
- Basic Vegan Bread Pudding
- cranberry Orange Quick Bread Mini Loafs
- Pancake Recipe & Waffles

Cranberry Orange Muffins

Yield: 8 (3.5 oz.) Muffins

17 ounces	Eco-Cuisine Basic Muffin Mix
½ teaspoon	Cinnamon
1/2 cup	Dried cranberries
1-1/2 cups	Orange Juice (option to add 1 tbsp Orange Juice concentrate or ½ teaspoon Orange flavor or 2 teaspoons orange zest)
½ cup	Water
2 tablespoons	oil
1/2 teaspoon	Lemon Extract

1. Add dried Cranberries, Cinnamon and mix until the berries are evenly coated with dry mixture.
2. Add Titanium Dioxide to orange juice before adding orange juice to dry mix.
3. Add orange juice and lemon extract to mix. Mix long enough to integrate dries and wet ingredients.
4. Scoop batter into oiled and floured (if not Teflon) muffin tins.
5. Bake 375° F. for 15-20 minutes, or until golden brown and completely baked. Cool and serve.

Cranberry Orange Quick Bread Option (Egg Option)

1. Add one whole egg or egg white to orange juice and whip into it.
2. Cut water back by 1/4th cup
3. Mix following same sequence as the muffin mix. Scale out 14 ounces (divide batter evenly) between two small oiled and floured loaf pans. The batter should not fill the pan beyond 2/3rds full.
4. Bake 375° F. for 35 minutes, or until golden brown and completely baked. Cool and serve.