



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

Basic Pancake Recipe

YIELD: 4 servings (8 Pancakes)

1-1/4 th cups	Basic Muffin and Pancake Mix
1 tablespoon	cornstarch
1-1/8 th cups	water (18 tablespoons)
2 tablespoons	Sunflower or Canola oil
1-1/2 teaspoons	vanilla extract

1. In a mixing bowl, combine basic muffin mix and cornstarch.
2. Mix until evenly starch is evenly dispersed in muffin mix.
3. Add water, oil, and vanilla and mix until batter is formed and all dries are hydrated.
4. Oil and heat saute pan or griddle to medium heat.
5. Spoon batter onto oiled pan and cook until pancake begins to show bubbles. Flip and cook until pancake is firm to touch.

Pancakes can be served immediately but they have better texture when left to sit for about 5-10 minutes. It allows for the texture to cool and set.