



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

Lemon Poppy Seed Muffin

Yield: 8 (3 oz. muffins)

1 lb.	Eco Basic Muffin Mix
2 Tablespoons	Poppy Seeds
2 Tablespoons	Canola oil
2 teaspoons	Lemon Flavor (for lighter flavor use 1 teaspoon)
1 teaspoon	Vanilla Extract
1-1/2 cups	water

1. In a mixing bowl, combine the Basic Muffin Mix poppy seed, lemon flavor, Vanilla water, and oil. Mix until evenly dispersed.
2. Place 1/3 cup batter in Silicone paper-lined or oiled muffin tin and bake at 375° F. for 15 minutes or until golden brown and completely baked. Cool and serve.