

Mixes in a Jar

Submission Info:

- Joanne Lytton
- Carroll Co.
- Mixes in a Jar

Lesson Plan

Objectives – Learn:

- assembly tips for mixes in a jar.
- safety tips for mixes in a jar.
- Creative ways to decorate a jar.

Directions

- Share handout.
- Assemble a cookie mix in a jar.
- Discuss assembling tips, storage time, decorating tips
- Share info on healthier substitutions.
- Talk about adapting your favorite recipe to be a mix in a jar.
- Assemble a salad in a jar.
- Share food safety tips.

Resources used

Received permission from:

Julie Garden-Robinson, Food and Nutrition Specialist, North Dakota

Alice Henneman, Extension Educator Nebraska

Prepared lesson originally for Sept. 2014.

Mixes in a Jar

Tips for Layered Baking Mixes

Assembly and Layering Tips

- Choose the right container. Wide-mouth canning jars are easier to fill than standard jars, and canning jar lids seal tightly to keep flavors in and moisture out.
- Use a canning funnel. Layers will settle more neatly, and jars will be easier to fill.
- Follow recipes exactly. Don't skip steps--many recipes call for flour to be sifted before it is measured. Sifted flour will pack down more tightly in the jar than flour dipped straight from the bin.
- Layer recipes ingredients "small to large" according to texture. Place powdery ingredients like flour mix, white sugar or confectioner's sugar at the bottom of the jar because they have a seeping down tendency. Add larger ingredients like oatmeal next, and layer the largest ingredients--nuts or chocolate chips--at the top of the jar.
- Tamp each layer tightly. The flat top of a meat tenderizer mallet makes a great tool to tamp down each layer of ingredients! Or, use the back of your fist to press layers down.
- For pretty layered effects, divide brown sugar into two portions. When layers reach the middle of the jar, pack half the brown sugar into a thin layer and tamp down. Add pretty ingredients like cocoa or chocolate-covered candies, then add the second half of the brown sugar to seal off the section.
- Wrap soft materials (like marshmallows) or strongly-flavored ones (like herb mixes) in plastic food wrap before adding them to the top of your Mason jar gift. This extra step will help keep ingredients fresh and flavorful.



Baking Gifts in a Jar

- Preview jar gift recipes. To make sure your gift will be welcome, bake up a batch yourself. Depending on location, elevation and humidity, a recipe that's a knockout in the arid West can fall flat--literally--in a humid climate. Note any needed recipe tweaks before you craft your gifts.
- Mix ingredients very thoroughly. Because most jar gift mixes require all dry ingredients to be added at once, the recipe won't have the usual "creaming" step to mix fats and sugars before baking.
- Use the correct-sized pan. Mason jar recipes make smaller quantities than standard recipes; smaller pans will keep the product from spreading out or cooking too fast.



Storage time

- ✓ If stored in a cool, dry and dark place, your gift can last for up to 6 months as long as the ingredients used were fresh. (Make sure baking powder and baking soda aren't going to expire anytime soon.)
- ✓ Any mix containing soft ingredients such brown sugar or marshmallows will begin to harden within two or three weeks, so is not suitable for long-term storage.
- ✓ Any mix containing nuts should be used within 3 months. You may want to wrap nuts in plastic in case of a food allergy for which you are not aware.
- ✓ Similarly, chocolate chips may "bloom", or change color with lengthy storage. Although they're still safe to eat, jar gifts containing chocolate won't look as appetizing if stored too long.



Handout Provided by:	Carroll County Extension Homemakers
Program Resources:	Julie Garden-Robinson, Food and Nutrition Specialist, North Dakota Alice Henneman, Extension Educator Nebraska Recipes – Variety of Sources including Pinterest
Program Presented by:	Area 8 HHS Educators: Joanne Lytton
Program Prepared by:	Joanne Lytton, 574-967-3538, lytton@purdue.edu

Easy Decorating Tips

- ✓ For every ¼ yard (9 inches) of fabric – you can make 4 jar coverings.
- ✓ Use a lid or pie plate as a template to draw your circle.
- ✓ Using pinking shears to cut out the circle helps to prevent raveling.
- ✓ Fabric can be placed below the canning ring or over it.
- ✓ Don't forget to attach a recipe card. Directions for making and baking are both appreciated.



Recipe Substitutions for Healthier Gifts

- ✓ **Flour** - Replace no more than half the all-purpose white flour with whole wheat flour.
- ✓ **Fats** - Be cautious when substituting the fat ingredient. "Lighter-type" margarine or butters may leave cookies flat and thin. Oil and shortening are NOT interchangeable. Shortening helps incorporate air when creaming. Oil may make a more compact product and leave an oily texture.
- ✓ **Sugar** – Don't substitute more than half of the sugar amount with a sugar substitute. Sugar helps to create volume in baked products and helps to brown the products.
- ✓ **Bouillon** – Use low-sodium granules or leave out and recommend adding low-sodium broth / water.

Adapting Your Recipe to a Mix in a Jar

- ✓ Verify that the ingredients in the jar can be added together.
- ✓ Package in small bags dry items that need to be added in a separate step.
- ✓ Give directions for adding liquids when you are ready to use.
- ✓ Use the correct-sized pan. Mason jar recipes make smaller quantities than standard recipes. Smaller pans keep the product from spreading too much or cooking too fast.

Be Creative in Your Mixes in a Jar

- ✓ Cookies
- ✓ Soups
- ✓ Snacks
- ✓ Muffins
- ✓ Salads



How to Pack the Perfect Salad in a Jar
 Dressing goes on the bottom, veggies and other salad goodies get piled on top. Everything stays separate and dressing-free until you toss the salad together in the bowl — never eat another soggy lunch salad.



1. **Salad Dressing:** Pour 1 to 4 tablespoons of your favorite salad dressing in the bottom of the jar. Adjust the amount of dressing depending on the size of the salad you are making and your personal preference.
2. **Hard Vegetables:** Next, add any hard chopped vegetables you're including in your salad, like carrots, cucumbers, red and green peppers, cooked beets, and fennel.
3. **Beans, Grains, and Pasta:** Next, add any beans, grains, and/or pasta, like chickpeas, black beans, cooked barley, cooked rice, and pasta corkscrews.
4. **Cheese and Proteins (optional):** If you'll be eating the salad within the day, add a layer of diced or crumbled cheese and proteins like tuna fish, diced (cooked) chicken, hardboiled eggs, or cubed tofu. *NOTE: If you're making salads ahead to eat throughout the week, wait to add these ingredients until the day you're planning to eat the salad and add them on top of the jar.*
5. **Softer Vegetables and Fruits (optional):** Next, add any soft vegetables or fruits, like avocados, tomatoes, diced strawberries, or dried apricots. *If you're making salads ahead to eat throughout the week, wait to add these ingredients until the day you're planning to eat the salad and add them to the top of the jar.*
6. **Nuts, Seeds, and Lighter Grains:** Next, add any nuts or seeds, like almonds, walnuts, and sunflower seeds. If you're making a salad with lighter, more absorbent grains like quinoa or millet, add them in this layer instead of with the beans.
7. **Salad Greens:** Last but not least, fill the rest of the jar with salad greens. Use your hands to tear them into bite-sized pieces. It's fine to pack them into the jar fairly compactly.
8. **Storing the salad:** Screw the lid on the jar and refrigerate for up to 5 days. If you're including any cheese, proteins, or soft fruits and vegetables, add these to the top of the jar on the day you plan to eat the salad.

Mixes in a Jar Recipes

Peppermint Hot Chocolate Mix

½ cup Powdered Milk
½ cup Unsweetened Cocoa Powder
½ cup Sugar
¼ cup Chocolate Chips
¼ cup crushed Candy Canes (about 3)
¼ cup Mini Marshmallows

Instructions

1. Layer ingredients in order listed above, pressing firmly after each layer.
2. Seal with lid and decorate.

Peanut Butter Oatmeal Round Cookie Mix

¾ cup all-purpose flour
½ tsp. baking powder
¼ tsp. baking soda
1 cup rolled oats
¼ cup packed Splenda brown sugar blend
¼ cup Splenda blend
1 cup semisweet chocolate chips
½ cup chopped peanuts

Instructions

Layer the ingredients in a 1 quart jar in the order given. Press each layer firmly in place before adding the next layer. Servings: 18 servings

Chicken Noodle Soup Mix

¼ cup of red lentils
2 T. dried onion flakes
1½ T. chicken bouillon granules
½ tsp. dried dill weed or dill seed
½ tsp. each celery seed and garlic powder
1 cup medium egg noodles
1 bay leaf

Instructions

1. Layer ingredients in order listed above, pressing firmly after each layer.
2. Seal with lid and decorate.

Peppermint Hot Chocolate Mix

Directions

For each serving, place ½ cup of cocoa mix in a mug and stir in 1 cup of boiling water.

Peanut Butter Oatmeal Round Cookies

Directions

1. Preheat oven to 375°F. Grease cookie sheets.
2. In a medium bowl, mix together 6 T. melted butter, ¼ cup peanut butter, 1 egg, and ½ tsp. of vanilla with electric mixer. Stir in the entire contents of the jar. You may need to use your hands to finish mixing.
3. Shape into walnut sized balls. Place 2 inches apart on prepared cookie sheets.
4. Bake for 11 to 13 minutes in the preheated oven. Transfer from cookie sheets to cool on wire racks.

Chicken Noodle Soup

Directions

Bring 8 cups of water to boil in large saucepan. Stir in jar of soup mix. Cover, reduce heat and simmer for 25 minutes. Discard bay leaf and stir in 1½ cups of frozen corn or mixed vegetables and 2 cups of cooked, diced chicken or turkey. Simmer for five minutes until vegetables are tender and chicken is heated through.



S'Mores in a Jar

- 1 sleeve graham crackers or 1½ cups crushed
- 1 large package seasonal peeps® marshmallows
- ⅓ cup brown sugar, packed
- 1¼ cup chocolate chips or seasonal M&M's® candies

Instructions

1. Place graham crackers in zipper freezer bag. Use rolling pan and crush crackers. Need 1½ cups crushed.
2. Add graham cracker crumbs to bottom of jar. Pack.
3. Place marshmallow candies against the glass on all sides. Create a well in center.
4. Add brown sugar to center.
5. Add chocolate chips or chocolate candies to top.
6. Seal and decorate.

Grilled Chicken Salad

- 2 T. Raspberry vinaigrette dressing
- ½ cup cherry or grape tomatoes, halved
- 1 celery stalk, diced
- 1 carrot, diced
- ¼ cup green pepper, diced
- ½ cup diced cooked chicken
- 1 cup romaine lettuce in bite-size pieces

Instructions

1. Layer ingredients in order listed above, pressing firmly after each layer.
2. Seal with lid and refrigerate.
3. When ready to eat shake salad in jar then pour into a bowl.



S'Mores in a Jar

Directions
Preheat oven to 350°F. Empty jar into large bowl. Remove marshmallows and combine remaining ingredients, mixing well. Snip marshmallows into small pieces with scissors. Return to bowl; stir into dry mix. Melt ½ cup butter. Add melted butter, 1 tsp. vanilla and ⅓ cup buttermilk to bowl. Mix well. Press lightly into greased 9" x 9" pan. Bake at 350°F. for 15 minutes.

Fresh Mozzarella, Tomato, Pasta and Spinach Salad

- 2 T. balsamic vinaigrette dressing
- ½ cup grape tomatoes
- 2 oz. fresh mozzarella cheese
- ½ cup dry whole grain pasta, cooked
- 2 cups baby spinach in bite-size pieces

Instructions

1. Layer ingredients in order listed above, pressing firmly after each layer.
2. Seal with lid and refrigerate.
3. When ready to eat shake salad in jar then pour into a bowl.

