

1-cup Bisquick substitute (B-sub) for the MIND diet

- 1 cup of whole wheat flour
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 3/4 TBSP olive oil (2 1/4 tsp)

Mix the olive oil into other ingredients with a pastry blender or put it in other liquids in the recipe in which you are using the B-sub.