



PUMPKIN SPICE PANCAKE & WAFFLE MIX

PUMPKIN SPICE PANCAKES

MAKES 20 TO 24 PANCAKES

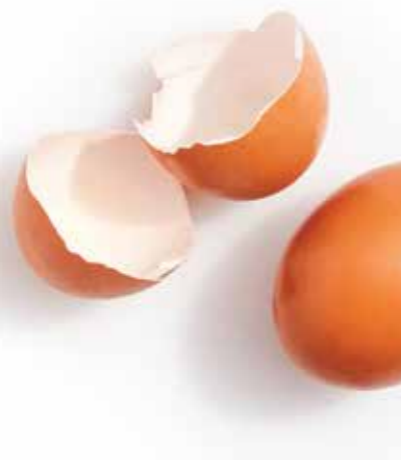
YOU'LL NEED

	4" PANCAKES	5 to 6	10 to 12	20 to 24
MIX		1 cup	1½ cups	entire mix
LARGE EGG(S)		1 egg	1 egg	2 eggs
MELTED BUTTER OR OIL		1½ Tbsp.	3 Tbsp.	6 Tbsp.
MILK		¾ cup	1½ cups	2½ cups

DIRECTIONS

- PREHEAT** lightly greased griddle or skillet to medium-high.
- MIX** together eggs, butter or oil, and milk. Fluff mix before spooning into measuring cup. Level with kitchen knife or other straight edge. Blend mix into milk mixture, stirring until just combined; a few lumps are okay. Let batter rest for 5 minutes to thicken. Stir in additional milk for thinner pancakes.
- COOK** until bubbles form on top side; flip and cook until lightly browned.

For guidelines on baking at high altitude, visit: BakeWith.Us/Altitude



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PUMPKIN SPICE PANCAKE & WAFFLE MIX



WITH REAL
PUMPKIN

DELICIOUS
FAST & EASY

NET WT 16 OZ (1 LB) 454g SERVING SUGGESTION

PUMPKIN SPICE PANCAKE & WAFFLE MIX

Nutrition Facts

One serving = 2 pancakes
about 11 servings per container
Serving size 1/4 cup mix (41g)

	Mix		Prepared	
Calories	140		240	
	% Daily Value*		% Daily Value*	
Total Fat	0g	0%	8g	10%
Saturated Fat	0g	0%	4.5g	23%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	55mg	18%
Sodium	470mg	20%	510mg	22%
Total Carbohydrate	30g	11%	33g	12%
Dietary Fiber	2g	7%	2g	7%
Total Sugars	7g		10g	
Incl. Added Sugars	4g	8%	4g	8%
Protein	5g		8g	
Vitamin D	0mcg	0%	0.8mcg	4%
Calcium	80mg	6%	150mg	10%
Iron	1mg	6%	1.1mg	6%
Potassium	220mg	4%	320mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: KING ARTHUR UNBLEACHED FLOUR (WHEAT FLOUR, ENZYME), CANE SUGAR, PUMPKIN, NONFAT MILK, BAKING POWDER (BAKING SODA, SODIUM ACID PYROPHOSPHATE, CORN STARCH, MONO-CALCIUM PHOSPHATE), MOLASSES (MOLASSES, MALTODEXTRIN), SPICES, SEA SALT, LEMON JUICE POWDER (MALTODEXTRIN, ORGANIC LEMON JUICE CONCENTRATE).

CONTAINS: MILK, WHEAT.

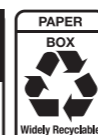
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KingArthurBaking.com/Allergen-Program

DO NOT EAT RAW MIX, DOUGH, OR BATTER.

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BEST IF BAKED BY:



how2recycle.info

400585



100% recycled fiber with a minimum of 35% post-consumer content.