

➤ 100% EMPLOYEE OWNED



GLUTEN-FREE

PANCAKE MIX



DELICIOUSLY

**LIGHT &
FLUFFY**

FORTIFIED WITH
**CALCIUM
IRON &
VITAMIN B**

NET WT 15 OZ (425g)







SERVING SUGGESTION



MAKE YOUR MORNINGS BETTER

Whip up light and fluffy pancakes made with the best ingredients and 21 grams of whole grains per serving.

4" PANCAKES	5	10	16
 MIX	1 cup	2 cups	full bag
 LARGE EGG(S)	1 egg	2 eggs	3 eggs
 OIL OR MELTED BUTTER	1½ Tbsp.	3 Tbsp.	4 Tbsp.
 MILK	¾ cup	1½ cups	2 cups

DIRECTIONS

- WHISK** together egg(s), butter or oil, and milk. Whisk in mix. Allow batter to sit for 10 minutes to thicken.
- HEAT** lightly greased griddle or skillet to medium.
- POUR** batter, a scant ¼ cup at a time, onto griddle or skillet. Cook until bubbles form on top side; flip and cook until lightly browned (1 to 2 minutes).

FOR WAFFLES

Prepare batter as directed. Add 1 to 2 additional minutes to the recommended time from your waffle iron's instructions.

BAKER'S TIP

To make non-dairy: use oil variation or vegan butter and use your favorite non-dairy milk. Visit BakeWith.Us/PancakeTips for more tips and techniques.

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Nutrition Facts

One serving = 2 pancakes
about 8 servings per container
Serving size 1/3 cup dry mix (53g)

	Mix	Prepared
Calories	180	300
	% Daily Value*	% Daily Value*
Total Fat	0.5g 1%	11g 14%
Saturated Fat	0g 0%	6g 30%
Trans Fat	0g	0g
Cholesterol	0mg 0%	70mg 23%
Sodium	440mg 19%	550mg 24%
Total Carbohydrate	41g 15%	44g 16%
Dietary Fiber	1g 4%	1g 4%
Total Sugars	4g	7g
Incl. Added Sugars	3g 6%	3g 6%
Protein	2g	6g
Vitamin D	0mcg 0%	1mcg 6%
Calcium	290mg 20%	370mg 30%
Iron	2.7mg 15%	2.9mg 15%
Potassium	80mg 2%	190mg 4%
Thiamin	0.37mg 30%	0.39mg 35%
Riboflavin	0.17mg 15%	0.34mg 25%
Niacin	4.9mg 30%	4.8mg 35%

*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: WHOLE GRAIN BROWN RICE FLOUR, POTATO STARCH, TAPIOCA STARCH, RICE FLOUR, CANE SUGAR, BAKING POWDER (BAKING SODA, CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), NATURAL FLAVORS, SALT, VITAMIN AND MINERAL BLEND [CALCIUM CARBONATE, NIACINAMIDE (VITAMIN B3), REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2)], XANTHAN GUM.

DISTRIBUTED BY

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DO NOT EAT RAW MIX, DOUGH, OR BATTER.

NON-DAIRY: see Baker's Tip

Certified Gluten-Free by GFCO | GFCO.org

For information on allergens and cross-contact prevention, visit: KingArthurBaking.com/Allergen-Program

BAKER'S HOTLINE

Call or chat online with our friendly bakers.
855-371-BAKE (2253)
KingArthurBaking.com/Bakers-Hotline