

NEW
LOOK!

> 100% EMPLOYEE OWNED



GLUTEN FREE
PROTEIN
PANCAKE MIX



PROTEIN
14g
PLANT-BASED

**NO
SUGAR
ADDED***

NET WT 12 OZ (340g)



SERVING
SUGGESTION





*This is not a low-calorie food. See nutritional information for sugar and calorie content.



POWER UP YOUR MORNINGS

Packed with 14 grams of plant-based protein and 4 grams of fiber in each serving, there are no compromises with these light and fluffy pancakes.

YOU'LL NEED

4" PANCAKES	6	12	19
 MIX	1 cup	2 cups	full bag
 LARGE EGG(S)	1 egg	2 eggs	3 eggs
 OIL OR MELTED BUTTER	1 1/2 Tbsp.	3 Tbsp.	5 Tbsp.
 MILK	2/3 cup	1 1/3 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 1/4 cup at a time, onto griddle or skillet. Cook until bottom is lightly browned, and edges look set; flip and cook until lightly browned.

FOR WAFFLES

For each cup of pancake mix stir in 2 large eggs, 2 tablespoons oil, and 1/2 cup milk. Cook according to waffle iron directions; they may take an extra minute to cook fully.

BAKER'S TIP

To make egg-free or non-dairy: replace the amounts of egg and milk given with your favorite egg replacer and non-dairy milk (or water).

BEST IF USED BY:



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Nutrition Facts

One serving = 3 pancakes

6 servings per container

Serving size 1/2 cup mix (57g)

	Mix	Prepared
Calories	210	390
	% Daily Value*	% Daily Value*
Total Fat	2.5g 3%	18g 23%
Saturated Fat	0g 0%	3g 15%
Trans Fat	0g	0g
Cholesterol	0mg 0%	100mg 33%
Sodium	430mg 19%	500mg 22%
Total Carbohydrate	33g 12%	37g 13%
Dietary Fiber	4g 14%	4g 14%
Total Sugars	0g	4g
Incl. Added Sugars	0g 0%	0g 0%
Protein	14g 20%	19g 29%
Vitamin D	0mcg 0%	1mcg 6%
Calcium	280mg 20%	391mg 30%
Iron	7mg 40%	7mg 40%
Potassium	111mg 2%	258mg 6%
Thiamin	0.3mg 25%	0.4mg 35%
Riboflavin	0.2mg 15%	0.5mg 40%
Niacin	4mg 25%	5mg 30%

*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, GLUTEN-FREE WHOLE GRAIN OAT FLOUR, PEA PROTEIN, TAPIOCA STARCH, BAKING POWDER (MONOCALCIUM PHOSPHATE, BAKING SODA, CORNSTARCH), PEA HULL FIBER, VITAMIN AND MINERAL BLEND [CALCIUM CARBONATE, NIACINAMIDE (VITAMIN B3), REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2)], SALT.

DISTRIBUTED BY

KING ARTHUR BAKING COMPANY, INC.
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800-827-6836 | KingArthurBaking.com

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

DO NOT EAT RAW MIX, DOUGH, OR BATTER.

BAKER'S HOTLINE

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