➤ 100% EMPLOYEE OWNED



GLUTEN FREE PROTEIN

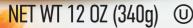
PANCAKE MIX

PROTEIN PLANT-BASED

NO









*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

- 1. WHISK together egg(s), butter or oil, and milk. Whisk in mix. Allow batter to sit for 10 minutes to thicken.
- 2. **HEAT** lightly greased griddle or skillet to medium.
- 3. 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:



FOLLOW US! @KINGARTHURBAKING KINGARTHURBAKING.COM



211410AP101A 211411

Nutrition Facts

One serving = 3 pancakes 6 servings per container

Serving size 1/2 cup mix (57g)

	Mix		Prepared	
<u>Calories</u>	2	10	39	<u>90</u>
	% 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. NORWICH, VERMONT 05055 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