

> 100% EMPLOYEE OWNED



GLUTEN-FREE
PROTEIN
PANCAKE MIX



PROTEIN
11g
PLANT-BASED
PER SERVING

FIBER
3g
PER SERVING*

NET WT 12 OZ (340g)







SERVING SUGGESTION.
*CONTAINS 1.5G OF TOTAL FAT PER SERVING.
SEE NUTRITIONAL INFORMATION FOR FAT CONTENT.



POWER UP YOUR MORNINGS

Enjoy light and fluffy pancakes with 11g of plant-based protein and 3g of fiber — so good you won't know it's gluten-free.

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	1½ Tbsp.	3 Tbsp.	5 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 over medium heat.
- POUR** batter, a scant ¼ cup at a time, onto griddle or skillet. Cook until bottom is lightly browned, and edges look set; flip and cook until both sides are lightly browned.

FOR WAFFLES

For every 1 cup of dry mix, stir in 2 large eggs, 2 tablespoons oil, and ½ cup milk. Cook according to waffle iron directions; they may take an extra minute to cook fully.

BAKER'S TIP

To make without eggs or non-dairy: replace the amounts of egg and milk called for with your favorite egg replacer and non-dairy milk or water. Visit BakeWith.Us/PancakeTips for more tips and techniques.

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Nutrition Facts

One serving = 3 pancakes
 6 servings per container
 Serving size 1/2 cup mix (57g)

Calories	Mix		Prepared	
	200		370	
	% Daily Value*		% Daily Value*	
Total Fat	1.5g	2%	17g	22%
Saturated Fat	0g	0%	3g	15%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	100mg	33%
Sodium	410mg	18%	480mg	21%
Total Carbohydrate	36g	13%	40g	15%
Dietary Fiber	3g	11%	3g	11%
Total Sugars	0g		4g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	11g	14%	17g	30%
Vitamin D	0mcg	0%	1mcg	6%
Calcium	160mg	10%	271mg	20%
Iron	3mg	15%	4mg	25%
Potassium	76mg	2%	224mg	4%

*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, TAPIOCA STARCH, PEA PROTEIN, BAKING POWDER (MONOCALCIUM PHOSPHATE, BAKING SODA, CORN STARCH), CELLULOSE & PSYLLIUM FIBER BLEND, NATURAL FLAVOR, SALT, STEVIOL GLYCOSIDES.

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