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IMPROVED!

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# 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.



We're committed to using the power of business as a force for social and environmental good.

## POWER UP YOUR MORNINGS

There are absolutely no compromises with these light, fluffy pancakes, each serving packed with 11g of plant-based protein and 3g of fiber.

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 ½ Tbsp.	3 Tbsp.	5 Tbsp.
 MILK	¾ cup	1 ½ 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 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 non-dairy or without eggs: replace the amounts of egg and milk called for with your favorite egg replacer and non-dairy milk or water. Visit [BakeWith.Us/PancakeTips](http://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*	
<b>Total Fat</b>	1.5g	2%	17g	22%
Saturated Fat	0g	0%	3g	15%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	100mg	33%
<b>Sodium</b>	410mg	18%	480mg	21%
<b>Total Carbohydrate</b>	36g	13%	40g	15%
Dietary Fiber	3g	11%	3g	11%
Total Sugars	0g		4g	
Incl. Added Sugars	0g	0%	0g	0%
<b>Protein</b>	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**  
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NON-DAIRY: see Baker's Tip

Certified Gluten-Free by GFCO | [GFCO.org](http://GFCO.org)

For information on allergens and cross-contact prevention, visit:  
[KingArthurBaking.com/Allergen-Program](http://KingArthurBaking.com/Allergen-Program)

**DO NOT EAT RAW MIX, DOUGH, OR BATTER.**

**BAKER'S HOTLINE**  
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 855-371-BAKE (2253)  
[KingArthurBaking.com/Bakers-Hotline](http://KingArthurBaking.com/Bakers-Hotline)

