

NEW!

➤ 100% EMPLOYEE OWNED



# CARB-CONSCIOUS

## PANCAKE MIX



0  
JUST ADD  
WATER

ONLY  
**4g**  
NET CARBS  
PER SERVING\*

NO  
SUGAR  
ADDED\*\*

3 SERVINGS SHOWN

\* 15g total carbs - 7g dietary fiber - 4g erythritol  
= 4g NET CARBS

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



NET WT 12 OZ (340g)



KEEP YOUR NET CARBS LOW & YOUR MORNINGS DELICIOUS!

Quick, simple, and delicious, these keto-friendly pancakes have 22g fewer net carbs than our Buttermilk Pancake Mix, along with 13g of protein and 7g of fiber.

YOU’LL NEED

3.5" PANCAKES	6	12	20
 MIX	1 cup	2 cups	full bag
 WATER	1/2 cup	1 cup	2 cups

DIRECTIONS

- 1. **WHISK** together mix and water. Allow batter to sit for 5 minutes.
- 2. **HEAT** lightly greased griddle or skillet to medium.
- 3. **SCOOP** batter, 2 tablespoons at a time, onto griddle or skillet, then gently spread into a 3.5" pancake. Cook until edges lose their gloss; flip and cook until lightly browned (about 2 minutes on each side).

For thinner pancakes, add additional water, a teaspoon or so at a time.

FOR WAFFLES

In addition to water, add 2 tablespoons vegetable oil for every 1 cup pancake mix. Cook according to waffle iron instructions.

BAKER’S TIP

For a richer pancake that is still low in carbs, combine 2 cups of mix with 3/4 cup milk, 1 egg, and 1/4 cup oil (instead of water).

BEST IF USED BY:



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Nutrition Facts

1 serving = 2 pancakes  
10 servings per container  
Serving size 1/3 dry mix (35g)

Amount per serving  
Calories 120

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 220mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 7g	25%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Erythritol 4g	
Protein 13g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 1mg	6%
Potassium 82mg	2%

\*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: VITAL WHEAT GLUTEN, CHICKPEA FLOUR, ERYTHRITOL, SOLUBLE CORN FIBER, SUNFLOWER OIL, SUGARCANE FIBER, EGG WHITES, BUTTERMILK, EGGS, BAKING POWDER (BAKING SODA, CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SEA SALT, CELLULOSE GUM.

CONTAINS: EGGS, MILK, WHEAT.

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

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