

> 100% EMPLOYEE OWNED



KETO WHEAT

PANCAKE MIX



👉
JUST ADD
WATER

ONLY
2g
NET CARBS
PER SERVING*

NON
DAIRY

NET WT 12 OZ (340g)





3 SERVINGS SHOWN

* 17g total carbs - 12g dietary fiber - 3g erythritol = 2g NET CARBS



KEEP YOUR NET CARBS LOW & YOUR MORNINGS DELICIOUS!

Our quick and simple keto-friendly pancakes have just 2g net carbs, 9g of protein, and 12g of fiber per serving.

3.5" PANCAKES	6	12	20
 MIX	1 cup	2 cups	full bag
 WATER	½ cup	1 cup	2 cups

DIRECTIONS

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

For thinner pancakes, add additional water to the batter, a teaspoon or so at a time before cooking.

FOR WAFFLES

For each 1 cup of mix, add ½ cup water or unsweetened almond milk, 1 egg, and 2 tablespoons oil. Cook according to waffle iron instructions.

BAKER'S TIP

For richer pancakes that are still low in net carbs, combine 1 cup mix with ½ cup water or almond milk, 1 egg, and 2 tablespoons oil. Visit BakeWith.Us/PancakeTips for more tips and techniques.

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Nutrition Facts

1 serving = 2 pancakes
 10 servings per container
Serving size 1/3 cup mix (34g)

Amount per serving	% Daily Value*
Calories 80	
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 220mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 12g	43%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Erythritol 3g	
Protein 9g	5%
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 1mg	6%
Potassium 21mg	0%

*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: MODIFIED WHEAT STARCH, VITAL WHEAT GLUTEN, ERYTHRITOL, SUNFLOWER OIL, EGG WHITES, NATURAL FLAVOR, BAKING POWDER (BAKING SODA, CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), EGGS, SEA SALT, STEVIOL GLYCOSIDES.

CONTAINS: EGGS, WHEAT.

DISTRIBUTED BY
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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