

ESSENTIAL.
GOODNESS
CLOUD 9 PANCAKE MIX

OUR RECIPE FOR
CLOUD 9 PANCAKES

YOU'LL NEED

YIELD	6 PANCAKES	12 PANCAKES	18 PANCAKES	24 PANCAKES
Eggs	1	2	2	3
Oil	2 tablespoons	4 tablespoons	6 tablespoons	1/2 cup
Milk	3/4 cup	1 1/2 cups	2 1/4 cups	2 1/2 cups
Mix	1 cup	2 cups	3 cups	entire mix

1. Whisk

together eggs, oil, and milk. Stir in mix; a few lumps are okay. Do not beat or overmix. Let stand for 5 minutes to thicken.

2. Heat

griddle or skillet over medium heat, about 350°F. Lightly grease.

3. Pour

batter 1/4 cup at a time on griddle. Flip when pancakes bubble and bottoms are golden brown; cook until the second side is browned, 1 to 2 minutes.

Baker's Tip:

If your first few pancakes are thicker than you like, you can thin the batter by adding additional milk.

WE'RE HERE TO HELP.

BAKER'S HOTLINE

Call or chat online with our friendly, experienced bakers.

855.371.BAKE (2253)
KingArthurFlour.com/contact

COMPLIMENTS OF

The King Arthur Flour Kitchen

A tastier way to eat well.

Good source of fiber*	Excellent source of calcium*	21 grams whole grains
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Start the morning off right with a delicious stack of warm pancakes packed with whole grains.

*Contains 18 grams of total fat per serving. See nutrition information for fat content.

Cloud 9 Waffles

YOU'LL NEED

- 1 box Essential Goodness Cloud 9 Pancake Mix
- 1/2 cup melted butter or oil
- 2 1/2 cups milk
- 3 large eggs

Preheat Belgian-style waffle iron, and grease it generously.

Combine mix, melted butter or oil, milk, and eggs, stirring until nearly smooth. Allow the batter to rest for 5 minutes, to thicken.

Make waffles in your waffle iron according to the manufacturer's instructions.

MAKES

Five 6" round Belgian-style waffles

100% EMPLOYEE-OWNED. COMMITTED TO QUALITY.



Learn more at:
KingArthurFlour.com/essential-goodness



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

ESSENTIAL.
GOODNESS

NO PRESERVATIVES. NO ARTIFICIAL COLORS OR FLAVORS. NO CORN SYRUP.

CLOUD 9 PANCAKE MIX

Made with Oats + Whole Grains

Great for Waffles



SUPER-POWER YOUR DAY

6g PROTEIN
21g WHOLE GRAINS

(per 57g dry mix serving)

CLOUD 9 PANCAKE MIX

Nutrition Facts

One serving = 3 pancakes about 8 servings per container
Serving size 1/2 cup mix (57g)

	Mix	Prepared
Calories	200	380
	% Daily Value*	% Daily Value*
Total Fat	1g 1%	18g 23%
Saturated Fat	0g 0%	2.5g 13%
Trans Fat	0g	0g
Cholesterol	0mg 0%	75mg 25%
Sodium	300mg 13%	360mg 16%
Total Carbohydrate	41g 15%	45g 16%
Dietary Fiber	3g 11%	3g 11%
Total Sugars	3g	7g
Incl. Added Sugars	3g 6%	3g 6%
Protein	6g	11g
Vitamin D	0mcg 0%	1.3mcg 6%
Calcium	160mg 10%	260mg 20%
Iron	1.3mg 8%	1.7mg 10%
Potassium	130mg 2%	270mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: King Arthur Unbleached Flour (wheat flour, malted barley flour), White Whole Wheat Flour, Oat Flour, Brown Sugar, Baking Powder (baking soda, monocalcium phosphate, calcium acid pyrophosphate), Natural Flavor, Sea Salt.

CONTAINS: Wheat.

DISTRIBUTED BY THE KING ARTHUR FLOUR COMPANY, INC. NORWICH, VERMONT 05055
800 827 6836 | KingArthurFlour.com

DO NOT EAT RAW MIX, DOUGH, OR BATTER.

Produced on equipment that also processes eggs, milk, soy, almonds, hazelnuts, pecans, walnuts, and coconut.



NET WT 16 OZ (1 LB) 454g

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Best if baked by:

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