

ESSENTIAL.
GOODNESS
 SUPER GRAIN PANCAKE MIX

OUR RECIPE FOR
SUPER GRAIN 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.

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COMPLIMENTS OF
The King Arthur Flour Kitchen

A tastier way to eat well.

Excellent source of fiber*	Good source of calcium*	100% whole grain
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Start the morning off right with a delicious stack of warm pancakes packed with whole grains.

*Contains 19 grams of total fat per serving. See nutrition information for fat and sodium content.

Super Grain Waffles

YOU'LL NEED

- 1 box Essential Goodness Super Grain Pancake Mix
- 1/2 cup oil
- 2 1/2 cups milk
- 3 large eggs

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

Combine mix, 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.



SUPER-POWER YOUR DAY

6g PROTEIN
 48g WHOLE GRAINS
 (per 57g dry mix serving)

SUPER GRAIN PANCAKE MIX

Nutrition Facts

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

	Mix	Prepared
Calories	180	370
	% Daily Value*	% Daily Value*
Total Fat	2g 3%	19g 24%
Saturated Fat	0g 0%	3g 15%
Trans Fat	0g	0g
Cholesterol	0mg 0%	75mg 25%
Sodium	430mg 19%	490mg 21%
Total Carbohydrate	41g 15%	45g 16%
Dietary Fiber	6g 21%	6g 21%
Total Sugars	5g	9g
Incl. Added Sugars	4g 8%	4g 8%
Protein	5g	10g
Vitamin D	0mcg 0%	1.3mcg 6%
Calcium	180mg 15%	280mg 20%
Iron	1.7mg 10%	2mg 10%
Potassium	190mg 4%	320mg 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: Whole Wheat Flour, Whole Sorghum Flour, Whole Spelt Flour, Whole Oat Flour, Brown Sugar, Whole Teff Flour, Whole Buckwheat Flour, Chia Seeds, Sea Salt, Baking Powder (baking soda, monocalcium phosphate, calcium acid pyrophosphate).

CONTAINS: Wheat.

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DO NOT EAT RAW MIX, DOUGH, OR BATTER.

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

ESSENTIAL.
GOODNESS

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

SUPER GRAIN PANCAKE MIX

Made with Chia Seeds, Sorghum, Oats, Teff, Buckwheat + Spelt

100% Whole Grain



NET WT 16 OZ (1 LB) 454g

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Best if baked by:

Printed on 100% recycled (35% post-consumer) content. Please recycle.