

4 NET CARBS PER SERVING\*

OUR RECIPE FOR  
**GLUTEN-FREE KETO PANCAKES**

Make mornings delicious with our Keto-friendly pancake mix. Simply add water, and you're well on your way to the perfect stack of pancakes (or waffles) with no added sugar, 10 grams of protein, and only 4 net carbs per serving.

**YOU'LL NEED**

<b>PANCAKES</b>	<b>6</b>	<b>12</b>	<b>25</b>
<b>MIX</b>	1 cup	2 cups	entire mix
<b>WATER</b>	2/3 cup	1 1/3 cups	2 3/4 cups

**BAKER'S TIP:** To make honey-nut or maple-nut pancakes or waffles, add 2 tablespoons honey or maple syrup substitutes and 1/2 cup nut flour or chopped nuts for every 1 cup of dry milk.

- 1 • WHISK** together the mix and water until smooth. The batter will be thin. Allow the batter to rest for 10 minutes to thicken.
- 2 • PREHEAT** griddle to medium (350°F).
- 3 • SCOOP** a scant 1/4 cup of batter onto lightly greased griddle.
- 4 • COOK** for 2 minutes, until bottom is browned.
- 5 • FLIP** and cook for 2 minutes more. Serve hot with favorite toppings.

**FOR THINNER PANCAKES:** Spread the batter more thinly using a spatula or spoon; **do not** thin with additional water.

**FOR WAFFLES:** Prepare batter as directed. Cook according to waffle iron instructions.

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BEST IF USED BY:



**Nutrition Facts**

(one serving = 2.5 pancakes)  
10 servings per container  
**Serving size** 1/2 cup (34g)

**Amount per serving**  
**Calories** **140**

	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 80mg	<b>27%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
Erythritol 1g	
<b>Protein</b> 10g	<b>17%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 151mg	<b>10%</b>
Iron 1mg	<b>6%</b>
Potassium 128mg	<b>2%</b>

\*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:** Whey Protein Concentrate, Blanched Almond Flour, Sunflower Oil, Buttermilk, Eggs, Sugarcane Fiber, Cellulose and Psyllium Fiber Blend, Erythritol, Cassava Flour, Baking Powder (baking soda, calcium acid pyrophosphate, monocalcium phosphate), Natural Flavors, Salt.

**CONTAINS:** Almonds, Eggs, Milk.

**DISTRIBUTED BY**  
KING ARTHUR BAKING COMPANY, INC.  
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**\* 12g Total Carbs - 7g Dietary Fiber - 1g Erythritol = 4g of NET CARBS.**

Sugarcane fiber is an insoluble fiber. Does not add carbohydrates or sugar.

Produced on equipment that also processes eggs, milk, soy, almond, and coconut.

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



**CERTIFIED GLUTEN-FREE BY GFCO**  
Learn more at [gfco.org](http://gfco.org)



**WE'RE HERE TO HELP.**

Call or chat online with our friendly, experienced bakers.

**BAKER'S HOTLINE** 855.371.BAKE (2253)  
[KingArthurBaking.com/bakers-hotline](http://KingArthurBaking.com/bakers-hotline)