

GREAT FOR PANCAKES AND WAFFLES



GLUTEN FREE

PROTEIN PANCAKE MIX

14g PROTEIN
4g FIBER PER SERVING*

FORTIFIED WITH:
IRON • CALCIUM • VITAMIN B

NON-DAIRY + NO SUGAR ADDED**



* CONTAINS 2.5g OF TOTAL FAT PER SERVING
** THIS IS NOT A LOW-CALORIE FOOD

U NET WT 28 OZ (1 LB 12 OZ) 794g



14g PLANT-BASED PROTEIN 4g FIBER IN EACH SERVING

OUR RECIPE FOR

GLUTEN-FREE PROTEIN PANCAKES

Make mornings better with our quick and easy mix. Whip up light & fluffy pancakes (or waffles) with 14 grams of plant-based protein and 4 grams of fiber in each serving; extra maple syrup optional!

YOU'LL NEED

PANCAKES	6	12	24	40
MIX	1 cup	2 cups	4 cups	entire mix
EGG(S)*	1 egg	2 eggs	4 eggs	7 eggs
OIL	1 Tbsp.	2 Tbsp.	4 Tbsp.	7 Tbsp.
MILK*	3/4 cup	1 1/2 cups	3 cups	5 cups

* TO MAKE EGG-FREE OR NON-DAIRY: Replace the amounts given with your favorite egg replacer or non-dairy milk/water.

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

- WHISK** together egg(s), oil, and milk. Whisk in the mix until smooth. Allow the batter to rest for 10 minutes to thicken.
- PREHEAT** griddle to medium (350°F).
- SCOOP** 1/4 cup of batter onto lightly greased griddle.
- COOK** for 2 minutes, until bottom is browned.
- FLIP** and cook for 2 minutes more. Serve hot with favorite toppings.

FOR WAFFLES: Double the amount of egg(s) and oil called for; use the same amount of milk. Cook according to waffle iron instructions.



**BAKER'S HOTLINE.
WE'RE HERE TO HELP.**

Call or chat online with our friendly, experienced bakers.
855-371-BAKE (2253)
KingArthurBaking.com/bakers-hotline

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BEST IF USED BY:



Nutrition Facts

(one serving = 3 pancakes)

14 servings per container

Serving size **1/2 cup mix (57g)**

Calories	Mix		Prepared	
	210		340	
	% Daily Value*		% Daily Value*	
Total Fat	2.5g	3%	13g	17%
Saturated Fat	0g	0%	2.5g	13%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	95mg	32%
Sodium	430mg	19%	500mg	22%
Total Carbohydrate	33g	12%	37g	13%
Dietary Fiber	4g	14%	4g	14%
Total Sugars	0g		5g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	14g	20%	20g	36%
Vitamin D	0mcg	0%	2mcg	10%
Calcium	280mg	20%	402mg	30%
Iron	7mg	40%	7mg	40%
Potassium	111mg	2%	275mg	6%
Thiamin	0.3mg	25%	0.3mg	25%
Riboflavin	0.2mg	15%	0.5mg	40%
Niacin	4mg	25%	5mg	30%

*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: Whole Grain Brown Rice Flour, Gluten-Free Whole Grain Oat Flour, Pea Protein, Tapioca Starch, Baking Powder (monocalcium phosphate, baking soda, cornstarch), Pea Hull Fiber, Vitamin and Mineral Blend [calcium carbonate, niacinamide (vitamin B3), reduced iron, thiamin hydrochloride (vitamin B1), riboflavin (Vitamin B2)], Salt.

DISTRIBUTED BY

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

DO NOT EAT RAW FLOUR, DOUGH, OR BATTER.



NON-GMO PROJECT VERIFIED

Learn more at KingArthurBaking.com/gmo

Certified



Gluten-Free

CERTIFIED GLUTEN-FREE BY GF CO

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