

Nutrition Facts

About 10 servings per container

Serving size

1/3 Cup (47g)

	Per 1/3 cup dry mix		Per 1 pancake prepared	
Calories	160		230	
	% Daily Value*		% Daily Value*	
Total Fat	0g	0%	4g	5%
Saturated Fat	0g	0%	1.5g	8%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	70mg	23%
Sodium	490mg	21%	570mg	25%
Total Carbohydrate	36g	13%	41g	15%
Dietary Fiber	1g	4%	1g	4%
Total Sugars	3g		6g	
Incl. Added Sugars	3g	6%	3g	6%
Protein	4g		8g	
Vitamin D	0mcg	0%	0.4mcg	2%
Calcium	180mg	15%	270mg	20%
Iron	1.4mg	8%	1.9mg	10%
Potassium	0mg	0%	150mg	4%

*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.

MAKES PANCAKES AND WAFFLES

DIRECTIONS FOR ABOUT EIGHT 4" PANCAKES: Pre-heat griddle to 400°F. Beat 1 egg (or 2 egg whites) and add 2/3 cup milk and 1 cup of this pancake mix. Beat gently to form a batter. For thinner pancakes, add more milk. For thicker pancakes, add more dry mix. Peel and dice one medium apple and blend into batter. Pour onto your hot griddle and flip once after bubbles break.

DIRECTIONS FOR WAFFLES: Add 1 or 2 Tablespoons of vegetable oil to the above pancake batter. Adjust for desired consistency, add diced apples and bake as directed on your waffle iron.

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Flour, Cane Sugar, Baking Soda, Monocalcium Phosphate, Calcium Acid Pyrophosphate, Cinnamon and Sea Salt.

This product is manufactured in a facility that also processes Dairy, Egg and Soy.

Apple Cinnamon
Pancake Mix