

# Buttermilk Pancake Mix



28 Pouches

<b>Nutrition Facts</b>	
168 servings per container	
<b>Serving size</b>	<b>1/3 cup (46g) dry</b> (about 3-4" pancakes prepared)
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 560mg	<b>24%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 111mg	8%
Iron 3mg	15%
Potassium 112mg	2%
<small>*The % Daily Value (DV) 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.</small>	

Contains a bioengineered food ingredient.

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**INGREDIENTS:** Cake flour (bleached wheat flour, niacin, iron [reduced iron], thiamin mononitrate, riboflavin, folic acid), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), egg substitute (soy flour, wheat gluten, corn syrup solids, sodium alginate).

**CONTAINS:** Milk, soy, wheat.

Yield	Pancake Mix	Water
3 pancakes	1/3 cup	1/4 cup
9 pancakes	1 cup	3/4 cup
18 pancakes	1 pouch	1 1/2 cups

#### DIRECTIONS FOR PANCAKES:

1. Remove oxygen absorber and discard.
2. Preheat oiled skillet to 375°F.
3. Using chart, add water to pancake mix. Batter will be slightly lumpy, do not overmix.
4. Adjust water to reach desired consistency.
5. Cook pancakes 1 to 1 1/2 minutes per side or until golden brown, turning only once.

#### DIRECTIONS FOR WAFFLES:

Yield: Approx. 6, 7-inch waffles

1. Remove oxygen absorber and discard.
2. Preheat oiled waffle iron.
3. Add 1 pouch pancake mix with 1 2/3 cups cold water.
4. Mix in 2 tablespoons vegetable oil. (optional)
5. Batter will be slightly lumpy, do not over mix.
6. Adjust water to reach desired consistency.
7. Cook waffles until steam stops.

Contains an oxygen absorber. Discard immediately upon opening.

\*For optimal shelf life, store product in a cool and dry place. Sealed product stays fresh up to 30 years. Once seal is broken, food should be used within one year.

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