



BUTTERMILK
MULTI GRAIN
PANCAKE MIX

Have a Grain Day!™

HODGSON MILL

BUTTERMILK
MULTI GRAIN
PANCAKE MIX

450mg Omega-3s
per serving

Excellent Source
of Fiber

HODGSON MILL

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**HODGSON
MILL**

Have a Grain Day!™

Enjoy wholesome and delicious traditional pancakes and waffles with the goodness of stone-ground whole wheat and yellow corn meal, tender oat bran, nutty milled flax seed and real buttermilk—all in one convenient mix!



Diets rich in whole grain foods and other plant foods, and low in total fat, saturated fat and cholesterol may help reduce the risk of heart disease and some cancers.



Certified by the Whole Grains Council to have 29 grams or more per serving.



Hodgson Mill is a family owned company expertly milling grain since 1882.



Hodgson Mill promises you wholesome, delicious, quality products from America's Heartland.

Look for the entire line of Hodgson Mill products in the Flour, Corn Meal, Cereal, Pasta, Side Dish, Baking Mix and Gluten Free sections of your supermarket, or visit us online!

HodgsonMill.com

This package sold by weight, not by volume. Contents may have settled during shipping.

WITH
**MILLED
FLAX SEED!**



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PANCAKE MIX



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NET WT 16 oz. (454 g.)

Nutrition Facts

Serving Size 1/4 cup dry (40g)
Servings Per Container 11

Amount Per Serving	Dry Mix	Prepared
Calories	130	230
Calories from Fat	15	80

	% Daily Value**	
Total Fat 1.5g*	2%	14%
Saturated Fat 0g	0%	10%
Trans Fat 0g		

Cholesterol 0mg	0%	23%
Sodium 290mg	12%	14%
Total Carbohydrate 27g	9%	10%
Dietary Fiber 5g	20%	20%
Sugars 1g		

Protein 5g

Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	15%	20%
Iron	6%	8%

*Amount in Dry Mix. Prepared contributes an additional 100 Calories (70 Calories from Fat), 8 g Total Fat (2 g Saturated Fat), 70 mg Cholesterol, 50 mg Sodium, 3 g Total Carbohydrate (3 g Sugars), 3 g Protein.
**Percent Daily Values are based on a 2,000

lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 25g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	Less than 300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Stone Ground Whole Grain Wheat Flour, Oat Bran, Stone Ground Whole Grain Yellow Corn Meal, Milled Flax Seed, Buttermilk, Cane Sugar, Leavening (Monocalcium Phosphate, Baking Soda), Salt.

Contains: Milk, Wheat.

Hodgson Mill, Inc., 1100 Stevens Ave.
Effingham, IL 62401 • 800.525.0177

Our Customer Service Team is always happy to hear from you. Comments and questions welcome.

Produced in a peanut/tree nut free facility.
Produced on shared equipment.
May contain traces of soy.

— *Directions* —

INGREDIENTS	PANCAKES			WAFFLES
Yield:	6-8	12-14	24-28	2 Large Waffles
Pancake Mix	3/4 cup	1-1/2 cups	3 cups	1-1/2 cups
Milk	2/3 cup	1-1/3 cup	2-2/3 cups	1-1/3 cup
Egg	1	1	2	1
Oil	1 Tbsp.	2 Tbsp.	3 Tbsp.	3 Tbsp.

Preheat griddle to 360°F. Place pancake mix into mixing bowl; add milk and egg, stir in vegetable oil. Mix just until blended. Let stand for 5 minutes.

For thinner pancakes use more milk, for thicker pancakes use less milk.

PANCAKES: Cook on one side until bubbles form on the edges, then flip and cook on other side until golden brown.

WAFFLES: Pour into preheated waffle iron, bake 4-5 min.

Serve hot. Top with your favorite syrup, fresh fruit, honey, molasses, jams or jellies.

— *Helpful Hints* —

Keep Warm: Place in a single layer on an ungreased cookie sheet and cover with foil. Put in a warm oven (250°F) to keep approximately 10 minutes.

Freeze: Wrap in foil or freezer bags removing as much air as possible. Freeze.

Reheat in Oven: Preheat oven to 375°F. Place frozen pancakes in a single layer on an ungreased cookie sheet and cover tightly with foil. Bake 8 to 10 minutes.

Reheat in Microwave: Remove frozen pancakes from freezer wrap. Stack 3 high on microwave-safe plate. Leave uncovered and microwave on high 1 minute or until hot.

— *Variations* —

**Amounts are for the 12-14 pancake recipe. Adjust for larger or smaller recipes.*

Apple Pancakes: Decrease milk to 1/3 cup and stir 1 cup applesauce into batter.

Blueberry Pancakes: Fold 1/2 cup blueberries into batter.

Cheese Pancakes: Stir 1 cup shredded cheddar cheese into batter.

Ham Pancakes: Stir 1/2 cup chopped cooked ham into batter.

Nut Pancakes: Stir 1/2 cup chopped nuts into batter.



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USE BY:



5 1/8

2 1/8

15 3/32

7 1/4