

OLD FASHIONED BUCKWHEAT PANCAKE MIX

Have a Grain Day!

Whole Grain

Good Source
of Fiber



OLD FASHIONED BUCKWHEAT PANCAKE MIX

NEW SIZE!
SAME GREAT
TASTE!



Rich in Whole Grains
to help reduce the
risk of heart disease
and certain cancers.
The Food and Drug Administration
states that "diets rich in whole grain
foods and other plant foods and
low in total fat, saturated fat, and
cholesterol may reduce the risk of
heart disease and some cancers!"



Certified by the Whole
Grains Council to have
38 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 naturally
wholesome and healthful Hodgson
Mill products in the Flour, Corn Meal,
Cereal, Pasta, 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.

Parve

NET WT 16 oz. 454 g



Nutrition Facts

Serving Size 1/3 cup dry (40g)
Servings Per Container about 11

Amount Per Serving

Calories 140 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 12%

Total Carbohydrate 28g 9%

Dietary Fiber 3g 12%

Sugars 1g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8%

*Percent Daily Values are based on a 2,000
calorie diet. Your daily values may be higher or
lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Whole Grain
Buckwheat Flour, Stone Ground Whole
Wheat Flour, Leavening (Monocalcium
Phosphate, Baking Soda), Dextrose, Salt.

Hodgson Mill, Inc., 1100 Stevens Ave.
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Our Customer Service Team
is always happy to hear from you.
Comments and questions welcome.

Produced in a peanut/tree nut free facility.

— Directions —

INGREDIENTS	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	1/2 cup	1 cup	2 cups	1 cup	
Egg	1	1	2	1	
Oil	1 Tbsp.	2 Tbsp.	4 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 shown below 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:



0 71518 02025 5

5 1/8

2 1/8

15 3/32

7 1/4