

OLD FASHIONED
BUCKWHEAT
PANCAKE MIX

Have a Grain Day!™

HODGSON MILL

OLD FASHIONED
BUCKWHEAT
PANCAKE MIX

Delicious
Whole Grain

Good Source
of Fiber

HODGSON MILL

OLD FASHIONED
BUCKWHEAT
PANCAKE MIX

HODGSON
MILL

Have a Grain Day!™



Rich in Whole Grains

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!

Buckwheat pancakes were favorites with settlers in the 1800's. Whip up a stack today, made with premium stone ground buckwheat and whole wheat flours, and discover how delicious tradition can be!



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 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.

NEW LOOK!
SAME GREAT
TASTE!



OLD FASHIONED
BUCKWHEAT
PANCAKE MIX



Parve

Serving Suggestion.

NET WT 32 oz. (907 g.)

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BUCKWHEAT
PANCAKE MIX

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MILL



USE BY:



I204L

Nutrition Facts

Serving Size 1/3 cup dry (40g)
Servings Per Container about 23

Amount Per Serving	Dry Mix	Prepared
Calories	140	250
Calories from Fat	10	90
%Daily Value**		
Total Fat 1g*	2%	15%
Saturated Fat 0g	0%	10%
Trans Fat 0g		
Cholesterol 0mg	0%	28%
Sodium 290mg	12%	15%
Total Carbohydrate 28g	9%	10%
Dietary Fiber 3g	12%	12%
Sugars 1g		
Protein 5g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	8%
Iron	8%	10%
*Amount in Dry Mix. Prepared contributes an additional 110 Calories (80 Calories from Fat), 9 g Total Fat (2 g Saturated Fat), 95 mg Cholesterol, 60 mg Sodium, 3 g Total Carbohydrate (3 g Sugars), 5 g Protein.		
**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: Stone Ground Whole Grain Buckwheat Flour, Stone Ground Whole Grain 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.
Produced on shared equipment.
May contain traces of milk.

— Directions —

INGREDIENTS	PANCAKES		4 inch (about 10 cm)	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	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 until thickened.

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 —

To 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.

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

To 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.

To 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.



6 1/2"

2 1/4"