

OLD FASHIONED  
**BUCKWHEAT**  
PANCAKE MIX

*Have a Grain Day!*<sup>TM</sup>

1204L

**HODGSON MILL**

Delicious  
Whole Grain

Good Source  
of Fiber

**HODGSON MILL**

**HODGSON  
MILL**

*Have a Grain Day!*<sup>TM</sup>

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**BUCKWHEAT**  
PANCAKE MIX



**NEW LOOK!**  
SAME GREAT  
TASTE!

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**BUCKWHEAT**  
PANCAKE MIX

**Nutrition Facts**

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

Amount Per Serving	Dry Mix	Prepared
<b>Calories</b>	140	250
Calories from Fat	10	90
	% Daily Value**	
<b>Total Fat</b> 1g*	2%	15%
Saturated Fat 0g	0%	10%
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	28%
<b>Sodium</b> 290mg	12%	15%
<b>Total Carbohydrate</b> 28g	9%	10%
Dietary Fiber 3g	12%	12%
Sugars 1g		
<b>Protein</b> 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

— Directions —

INGREDIENTS	4 inch (about 10 cm)			
	PANCAKES	12-14	24-28	WAFFLES
<b>Yield:</b>	6-8	12-14	24-28	2 Large Waffles
<b>Pancake Mix</b>	3/4 cup	1-1/2 cups	3 cups	1-1/2 cups
<b>Milk</b>	1/2 cup	1 cup	2 cups	1 cup
<b>Egg</b>	1	1	2	1
<b>Oil</b>	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.



**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.



Parve

Serving Suggestion.

**NET WT 32 oz. (907 g.)**



**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. 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 milk.

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USE BY:



6 1/2

2 1/4