

WHOLE WHEAT BUTTERMILK PANCAKE MIX

Have a Grain Day!

HODGSON MILL

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**Whole Grain** 



**Good Source** of Fiber

HODGSON MILL

1205L



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! Enjoy the classic taste of these

pancakes, made with real buttermilk, premium stone ground whole wheat flour and yellow corn meal. Whip up a stack today and discover how delicious tradition can be!



Certified by the Whole Grains Council to have 35 grams or more per serving.



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

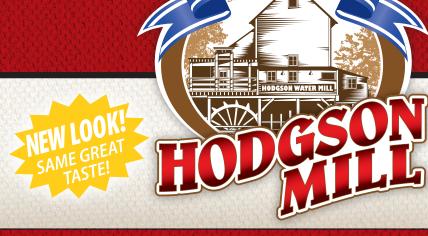


MADE IN Hodgson Mill promises you wholesome, delicious, quality products from America's Heartland.

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

nis packa<mark>ge sold by we</mark>ight, not by volume.



WHOLE WHEAT JTTERMILK **PANCAKE MIX** 



### **Nutrition Facts**

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

| Amount Per Serving     | Dry Mix | Prepared  |
|------------------------|---------|-----------|
| Calories               | 130     | 240       |
| Calories from Fat      | 10      | 90        |
|                        | % Dail  | y Value** |
| Total Fat 1g*          | 2%      | 15%       |
| Saturated Fat 0g       | 0%      | 10%       |
| Trans Fat 0g           |         |           |
| Cholesterol 0mg        | 0%      | 28%       |
| Sodium 320mg           | 13%     | 16%       |
| Total Carbohydrate 28g | 9%      | 10%       |
| Dietary Fiber 4g       | 16%     | 16%       |
| Sugars 2g              |         |           |

| Protein 4g |    |   |
|------------|----|---|
|            |    |   |
| Vitamin A  | 0% |   |
| Vitamin C  | 0% |   |
| Calcium    | 2% | 1 |

**INGREDIENTS:** Stone Ground Whole Grain Wheat Flour, Stone Ground Whole Grain Yellow Corn Meal, Buttermilk. Dextrose, 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.

### - Directions -

| INGREDIENTS |         | PANCAKES   | <b>4 inch</b><br>(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 minutes

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.



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