

# Multi Grain BUTTERMILK PANCAKE MIX with MILLED FLAX SEED & SOY

Milled Flax Seed  
High Fiber

Good Source of Iron  
Cholesterol Free



# Multi Grain BUTTERMILK PANCAKE MIX with MILLED FLAX SEED & SOY



OVER 6 GRAMS OF SOY  
PROTEIN PER SERVING!

NET WT 16 oz. 454 g

Sealed Inner Pouch



USE BY:

I-330C

## Nutrition Facts

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

Amount Per Serving	
Calories 150 Calories from Fat 20	
	% Daily Value*
Total Fat 2g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 321mg	13%
Total Carbohydrate 31g	10%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 15%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	

INGREDIENTS: WHOLE WHEAT FLOUR; ROASTED SOY CHIPS; YELLOW CORN MEAL; MILLED FLAX SEED; BUTTERMILK SOLIDS; DEXTROSE; LEAVENING (MONOCALCIUM PHOSPHATE, BAKING SODA); SALT.

## OUR GUARANTEE

Hodgson Mill, Inc. is dedicated to satisfying consumer demand for fine quality, healthy food products. If for any reason you are not satisfied with this product, we'll make it right. Simply send the complete bottom of this box and your purchase price to: Hodgson Mill, Inc. 1100 Stevens Avenue Effingham, IL 62401 • (800)525.0177



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



## Multi Grain Buttermilk Pancakes with Milled Flax Seed and Soy

INGREDIENTS	PANCAKES			WAFFLES
	6-8	12-14*	24-28	FOUR INTO PREHEATED WAFFLE IRON. BAKE 4-5 MIN. MAKES 2 LARGE WAFFLES
Pancake Mix	3/4 cup	1-1/2 cups	3 cups	1-1/2 cups
Milk	3/4 cup	1-1/2 cups	3 cups	1-1/2 cups
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; cut in vegetable oil, add milk and egg. Mix just until blended. Let stand for 5 minutes. Cook on one side until bubbles form on the edges, then flip and cook until golden brown.

## 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 1-1/4 - 1-1/2 mins. or until hot.

\*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.



RockTenn  
2335  
02915

5

