# Old Fashioned PANCAKE MIX

12041

RICH IN WHOLE **GRAIN** 

to help reduce the risk of heart disease and certain cancers.

The Food and Drug Administration agrees 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!"

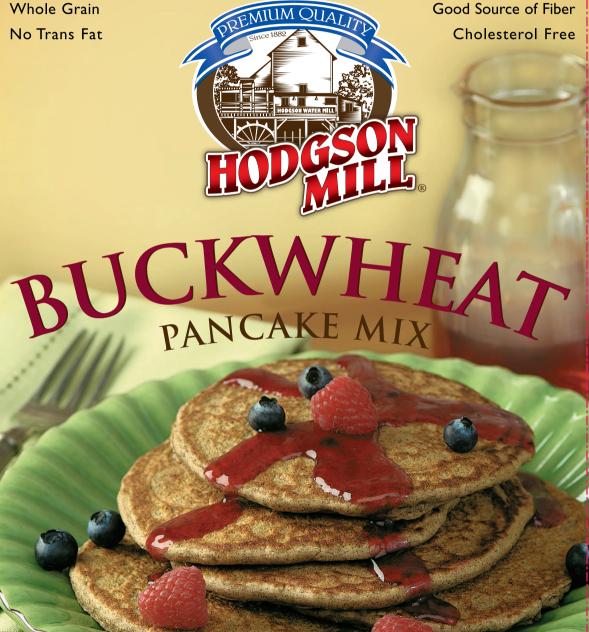
# **NUTRITION** & FLAVOR Naturally.

Hodgson Mill has been producing fine foods from grain for over 100 years. Our pancake mixes are whole grain, stone ground, without artificial preservatives or synthetic additives they're better that way. Hodgson Mill believes in quality. We promise you a wholesome, delicious and satisfying product.

Look for the entire line of Hodgson Mill® naturally wholesome and healthful food products in the Flour, Corn Meal, Cereal, Pasta and Baking Mix sections of your grocery store

## www.HodgsonMill.com

Visit our website or call us for our FREE CATALOG & RECIPES! (800) 525.0177



NET WT 32 oz. 907 g

**Amount Per Serving** Calories 140 Calories from Fat 10 Total Fat 1g Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% 12% Sodium 290mg Total Carbohydrate 28g 9% 12% Dietary Fiber 3g Sugars 1g Protein 5g

**Nutrition Facts** 

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

Vitamin A 0% Vitamin C 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 caloric

		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 Dietary Fiber		300g	375g
			25g	30g

INGREDIENTS: WHOLE GRAIN BUCK-WHEAT FLOUR; WHOLE WHEAT FLOUR; LEAVENING (MONOCALCIUM PHOS-PHATE, BAKING SODA); DEXTROSE;

Produced in a peanut/tree nut free environment.

### OUR GUARANTEE

it right. Simply send the complete bottom of this box and your purchase price to: odgson Mill, Inc. 1100 Stevens Avenue ngham, IL 62401 (800)525.0177 WHOLE GRAIN & GOOD FOOD,

RICH IN

WHOLE

GRAIN

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and certain cancers.





Have a Grain Day!

INGREDIENTS	PANCAKES			WAFFLES
	6-8	12-14*	24-28	pour into preheated waffle iron, bake 4-5 min. MAKES 2 LARGE WAFFLES
PANCAKE MIX	3/4 cup	I-I/2 cups	3 cups	I-I/2 cups
MILK	I/2 cup	I cup	2 cups	I cup
EGG	I		2	I
OIL	I 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. Cook on one side until bubbles form on the edges, then flip and cook on other side until golden brown. Serve hot. Top with your favorite syrup, honey, molasses, jams or jellies. For thinner pancakes use more milk, for thicker pancakes use less milk.

#### MELPFUL HINTS (S)

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.

#### PANCAKE VARIATIONS

\*Amounts shown below are for the 12-14 pancake recipe. Adjust for larger or smaller recipes.

Blueberry Pancakes: Fold 1/2 cup blueberries into batter.

Cheese Pancakes: Stir 1 cup shredded cheddar cheese into batter.

Nut Pancakes: Stir 1/2 cup chopped nuts into batter.

Ham Pancakes: Stir 1/2 cup chopped cooked ham into batter.

Apple Pancakes: Decrease milk to 1/3 cup and stir 1 cup applesauce into batter.



LLNATURAL

Sealed Inner Pouch

① Parve

STONE GROUND































