

17.3437



WHOLE GRAIN ♦ GOOD FOOD™

Old Fashioned
BUCKWHEAT
PANCAKE MIX

12041

Whole Grain
No Trans Fat



Good Source of Fiber
Cholesterol Free

BUCKWHEAT
PANCAKE MIX



**RICH IN
WHOLE
GRAIN**

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

ALL NATURAL
STONE GROUND

Ⓢ Parve
Sealed Inner Pouch

NET WT 32 oz. 907 g



**HODGSON
MILL**

USE BY:

Nutrition Facts	
Serving Size 1/3 cup dry (40g)	
Servings Per Container about 23	
Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 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 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 GRAIN BUCKWHEAT FLOUR; WHOLE WHEAT FLOUR; LEAVENING (MONOCALCIUM PHOSPHATE, BAKING SODA); DEXTROSE; SALT.

Produced in a peanut/tree nut free environment.

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

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



WHOLE GRAIN ♦ GOOD FOOD™

**HODGSON
MILL**

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	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. 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.

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.

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.

