

DIRECTIONS FOR WAFFLES:

Yield: 6, 7-inch waffles

1. Remove oxygen absorber and discard.
2. Preheat oiled* waffle iron.
3. Add 2 ¼ Cups pancake mix with 2 Cups cold water.
4. Mix in 2 Tablespoons vegetable oil*.
5. Batter will be slightly lumpy, do not over mix.
6. Adjust water to reach desired consistency.
7. Cook waffles until steaming stops.

**Oil not included*

DIRECTIONS FOR PANCAKES:

Yield: 9, 4-inch pancakes

1. Remove oxygen absorber and discard.
2. Preheat oiled* skillet to 375°F
3. Add 1 Cup pancake mix to ¾ Cup cold water. Batter will be slightly lumpy, do not over mix.
4. Adjust water to reach desired consistency.
5. Cook pancakes 1 to 1 ½ minutes per side or until golden brown, turning only once.



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4Patriots

Fluffy Buttermilk Pancake Mix

SERVING SIZE: About 3, 4-inch pancakes
NET WT.: 52 oz (3 lb 4 oz) 1.47kg

4-80121PT



Nutrition Facts

32 Servings Per Container
Serving Size 1/3 Cup (46g) Dry
(about 3, 4" pancakes)

Amount per Serving
Calories 160

	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 560mg	24%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 4g Added Sugars	8%

Protein 4g

Vitamin D 0mcg	0%
Calcium 107mg	8%
Iron 3mg	15%
Potassium 106mg	2%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: cake flour (bleached wheat flour, niacin, iron [reduced iron], thiamin mononitrate, riboflavin, folic acid), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), whole eggs, less than 2% sodium silicoaluminate as an anticaking agent, soybean oil.

Contains: Egg, Milk, Soy, Wheat.

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Contains a bioengineered food ingredient.