



DIRECTIONS:

- Cold water 2 1/2 cups
 Pancake mix 3 1/3 cups
 Yield: 18 - 4 inch pancakes.
1. Add mix to cold water. Do not over mix.
 2. Add more water until desired consistency.
 3. Preheat oiled skillet, griddle to 375 degrees F.
 4. Cook pancakes 1 to 1 1/2 minutes per side or until golden brown, turning only once.

To make belgian waffles and/or crepes:

- Yield: 12 - 4 inch waffles.
 Mix 2 1/4 cups of mix, 2 cups cold water, and 2 Tbsp oil.
 Batter will be slightly lumpy, do not over mix.
 Pour batter into lightly oiled, preheated waffle iron. Cook waffles until steaming stops.

SHELF LIFE: Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 10 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

INGREDIENTS: Cake flour (bleached wheat flour, niacin, iron [reduced iron], thiamine mononitrate, riboflavin, folic acid), artificial blueberry bits (dextrose, partially hydrogenated vegetable oil [soybean and cottonseed], bleached-enriched wheat flour [wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], citric acid, cellulose gum, maltodextrin, artificial flavor and artificial colors [FD&C Red #40, Blue #1, Blue #2]), sugar, soy flour, dextrose, soybean oil, buttermilk powder, corn starch, baking soda, sodium acid pyrophosphate, salt, reg. monocalcium phosphate, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), natural and artificial flavor. **Contains allergens: Dairy, eggs, soy and wheat.**

Nutrition Facts

Serving Size 1/2 cup (76g dry)
 Servings Per Container 23

Amount Per Serving

Calories 280 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 10mg **4%**

Sodium 670mg **28%**

Total Carbohydrate 53g **18%**

Dietary Fiber 2g **6%**

Sugars 11g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 15% • Iron 25%

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

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

Calories per gram: Fat 9 Carbs 4 Protein 4

BLUEBERRY PANCAKES



NET WT 4 LBS (1.81 kg)

Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

AFTER OPENING: Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened _____

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