



DIRECTIONS:

- Cold water 1 1/4 cups
 Pancake mix 1 3/4 cups
 Yield: 9 - 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.

Waffles (may be used for belgian waffles and/or crepes)

1. Mix 2 1/4 cups of mix, 2 cups cold water.
 2. Add 2 Tbsp oil. Batter will be slightly lumpy, do not over-mix.
 3. Pour batter into lightly oiled, preheated waffle iron.
 4. 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, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soy flour, dextrose, soybean oil, buttermilk powder, baking soda, corn starch, sodium acid pyrophosphate, salt, monocalcium phosphate, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]).

Contains allergens: Dairy, eggs, soy and wheat.

Nutrition Facts

Serving Size 1/2 cup (74g dry)
 Servings Per Container 24

Amount Per Serving

Calories 270 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 14mg **4%**

Sodium 710mg **30%**

Total Carbohydrate 52g **17%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 7g

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 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

BUTTERMILK PANCAKES



NET WT 3 LBS 15.0 OZ (1.78 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 _____

DH42-0911



Distributed by
 Harveston Farms™ ©2011
 Heber Utah 84032
 877-734-3447

www.harvestonfarms.com