

THE MAGIC IN THE MIXES

WE'VE PUT ALL THE PURITY, INTEGRITY, AND CONSISTENCY of our all-natural flour into our premium line of gourmet mixes. So, whether you're making breakfast for royalty, or just for your family, with King Arthur in the kitchen you don't have to be an expert baker to eat like a king.

- 3 tablespoons melted butter or 3 tablespoons vegetable oil
- 1 large egg
- 1 cup lukewarm milk
- 1/2 teaspoon salt
- 1 1/2 cups pancake mix
- 1 to 2 tablespoons milk, as needed

TO MAKE PANCAKES: In a medium-sized bowl, mix together the butter or oil, egg, milk, and salt. Blend in the mix, stirring until everything is just combined; a few lumps are OK. Let the batter rest for about 5 minutes, then add additional milk, if needed, to make a pourable batter.

Preheat a lightly greased griddle to medium-high, about 350°F. Pour the batter, a scant 1/4 cup at a time, onto the griddle and cook until bubbles form on the top side; turn and cook until the other side is lightly browned.

YIELD: Ten 4" pancakes.

NOTE: This recipe is easily doubled or tripled simply by doubling or tripling all of the ingredients. Mix and cook as directed above.

TOTAL CANISTER YIELD: Thirty 4" pancakes.

HELPFUL HINT: For best results, fluff up the dry mix by stirring it in the canister before using. To measure, gently spoon aerated mix into your measuring cup, and sweep off excess with a table knife or other straight edge.

Store mix cool and dry.



ESTD



1790

WHOLE-GRAIN BLUEBERRY SOUR CREAM PANCAKES



NET WT 1.5 LB (680g)



From ONLY the FINEST FLOUR

Nutrition Facts

Serving Size about 1/3 cup mix (45g)
Servings Per Container 15

Amount Per Serving		% Daily Value*	
Calories 160	Calories from Fat 10		
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 32g			11%
Dietary Fiber 3g			12%
Sugars 12g			
Protein 4g			

Vitamin A 0% • Vitamin C 8%
Calcium 15% • Iron 4%

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

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: KING ARTHUR ALL NATURAL WHITE WHOLE WHEAT FLOUR, KING ARTHUR UNBLEACHED UNENRICHED ALL-PURPOSE FLOUR (UNBLEACHED HARD WHEAT FLOUR, Malted BARLEY FLOUR), DRIED WILD BLUEBERRIES (WILD BLUEBERRIES, SUGAR, SUNFLOWER OIL), SUGAR, DOUGH CONDITIONER (WHEY, MILK PROTEIN, CORN FLOUR), SOUR CREAM POWDER (SOUR CREAM, CULTURED NONFAT MILK, CITRIC ACID), LEAVENING (MONOCALCIUM PHOSPHATE, BAKING SODA, CORNSTARCH), NATURAL FLAVOR.

Processed in a facility that also packages products containing eggs, milk, soy, tree nuts, and wheat.



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