



Pancake & Waffle Mix



Ancient Grains to Start the Day Off Right!

Smart Flour's Pancake & Waffle Mix packs in more nutrition than other gluten-free mixes thanks to our unique, ancient-grain blend that provides a boost of fiber, protein and calcium - all while delivering the amazing taste that Smart Flour products are known for.

Why it Matters: A satisfying breakfast is the perfect start to the day. We know your customers will look forward to enjoying a healthy AND delicious breakfast at your restaurant - how could they resist?

Free from Rice Flour & Soy

Unlike most gluten-free mixes that are made with low-quality ingredients such as soy and/or rice flour, Smart Flour's Pancake & Waffle mix is the perfect base for your gluten-free breakfast options.

Why it Matters: Delicious pancakes and waffles are now back on the table for gluten-free consumers - now even those with food allergies can say a resounding, Yes! when offered these classic menu items.

Pancake Recipe:

Ingredients:

- 2 1/4 cups Smart Flour Pancake & Waffle Mix
- 1 whole egg + 1 egg white
- 2 Tbsp. melted butter or neutral flavored oil
- 1 1/2 - 2 cups milk

Instructions:

1. Heat griddle or skillet over medium low heat, or an electric griddle to 350°.
2. Mix wet ingredients together in a bowl.
3. In a separate bowl, measure out pancake mix.
4. Slowly add wet ingredients into the bowl with the pancake mix and whisk together.
5. Lightly oil or spray griddle/skillet with non-stick cooking spray.
6. Ladle batter onto griddle surface.
7. When pancakes begin to bubble, gently flip and continue to cook for approx. 2-3 minutes.
8. Remove from griddle and enjoy!

Waffle Recipe:

Ingredients:

- 2 1/4 cups of Smart Flour Pancake & Waffle Mix
- 1 egg yolk
- 2 egg whites
- 1/4 cup melted and cooled butter or neutral flavored oil
- 1 - 1 1/2 cups Milk

Instructions:

1. Whisk together all ingredients *except egg whites* in a large mixing bowl or stand mixer.
2. In a separate bowl beat egg whites until they hold soft peaks.
3. Gently fold egg whites into batter until well combined.
4. Pour batter into preheated waffle iron and cook as directed.

Product	Pancake & Waffle Mix
Manu Item #	PW10#
GTIN #	10856952001551
DOT #	612424
Case Pk	1
Unit Wt	10 lbs.

Shelf Life:

Frozen:
Do not Freeze

Refrig:
Not Required

Ambient:
365 Days

Nutrition Facts

Serving Size 1 1/4" Pancake (17g)
Serving Per Container: 36

Amount Per Serving

Calories 60

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0g

Sodium 180g 7%

Total Carbohydrate 12g 4%

Dietary Fiber 1g 4%

Sugars 1g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 2%

INGREDIENTS: Smart Flour (Tapioca Flour, Sorghum Flour, Amaranth Flour, Teff Flour), Sorghum Flour, Dry Cultured Buttermilk, Dry Nonfat Milk Powder, Sugar, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Salt, Baking Soda, Guar Gum, Xanthan Gum.

Contains: Milk

Hungry for more? We'd love to hear from you!

sales@smartflourfoods.com | Phone: 512.706.1775 | Fax: 440.306.1775 | Smart Flour Foods, 1609 Shoal Creek Blvd., Ste 203, Austin, TX 78701

Learn more at: smartflourfoods.com

