

Simple
Foods
COOKING

Pancake Mix



INGREDIENTS:

Brown rice flour, blanched almond flour, organic coconut flour, organic tapioca flour, organic erythritol, xanthan gum, pink Himalayan salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch monocalcium phosphate).

Contains: Tree nuts (Almond, Coconut)

Nutrition Facts

About 18 servings per container
Serving size 1 Pancake (25g)

Amount Per Serving
Calories 50

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Sugar Alcohol 1g

Protein 2g

Vitamin D 0mcg **0%**

Calcium 10mg **0%**

Iron 0.2mg **0%**

Potassium 30mg **0%**

* The % Daily Value (DV) 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.



Package Weight:

16 oz. (454g)



PANCAKE *Mix*

15.9 OUNCE

Ingredients:

Brown rice flour, blanched almond flour, organic coconut flour, organic tapioca flour, organic erythritol, xylitol, organic stevia, xanthan gum, pink Himalayan salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, comstarch monocalcium phosphate)

Pancake Wrap

1 1/3 cup Pancake mix
2 TBSP oil

2 eggs
3/4 cup milk

1. Mix until well blended

Filling:

Scrambled eggs
Fried hash browns
Fried sausage

Sautéed onions and peppers
Cheddar cheese

1. Pour batter into greased skillet, shake skillet to thin as desired
2. Cook on low for 1-2 minutes on each side
3. Assemble filling as desired onto pancake, roll up and serve with maple syrup



FROSTING *Mix*

24 OUNCE

This frosting mix is made with organic powdered cane sugar, Powdered Simple Sweet and other ingredients. You can use coconut oil instead of butter and almond milk instead of milk for dairy free frosting. The vanilla and chocolate frosting recipes are on the back of the frosting mix bag.

Vanilla Frosting

1 1/2 cup frosting mix
3 tablespoons butter softened
1 tablespoon water
1 1/2 teaspoon vanilla

1. Beat for 3 minutes

Ingredients:

Organic Powdered cane sugar, organic erythritol, organic tapioca flour, organic stevia, xanthan gum, himalayan pink salt

