

Pancake & Waffle Mix - Gluten Free, Vegan

BAGS

Product Description

OliveNation Pancake & Waffle Mix is made from a gluten free flour blend, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.

Product Ingredients

Sweet Brown Rice Flour, Tapioca Starch, Arrowroot Powder, Rice Milk Powder (Rice Syrup Solids, Rice Protein, Natural Mixed Tocopherols - Added to maintain freshness), Cream of Tartar, Salt, Leavening (Sodium Bicarbonate), Ground Vanilla Bean

Allergens

None

Shelf Life

12 Months

Origin

United States

Storage

Keep tightly sealed in a cool, dark place

Appearance

Finely granulated cream pancake & waffle mix

Aroma

Mild earthy aroma

Flavor

Original pancake/waffle

Nutrition Facts	
Serving size	49g
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 0g	0%
Sodium 290mg	13%
Total Carbohydrate 35g	13%
Total Sugars 1g	
Protein 2g	
Potassium 121mg	2%
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, added sugars, vitamin D, calcium and iron	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	

Pancake & Waffle Recipe
<p><u>You'll need:</u></p> <p>10.5 oz Pancake and Waffle Mix</p> <p>1 Ripe Banana, mashed</p> <p>1 Tbsp & 1 tsp Oil</p> <p>2/3 cup Vegan Milk</p> <p><u>Directions:</u></p> <p>Combine mashed banana, oil and milk</p> <p>Add to dry mix. Blend well</p> <p>Pancakes:</p> <p>Pour batter onto pre-heated pan or griddle, sprayed with non-stick spray</p> <p>Cook until top edges show bubbles and bottom is golden</p> <p>Flip and cook until bottom is golden</p> <p>Waffles:</p> <p>Pour batter onto pre-heated waffle iron sprayed with non-stick spray</p> <p>Cook waffle until golden and crisp</p>