



19  
SERVINGS



SHELF LIFE UP TO  
10 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE  
EMERGENCY  
EVERYDAY FOOD

# Blueberry Pancake Mix

Nutrition Facts			
Serving Size: 1/2 Cup (79g dry)			
Servings Per Container: 19			
Amount Per Serving			
<b>Calories 290</b>		<b>Calories from Fat 20</b>	
% Daily Value*			
<b>Total Fat</b> 2.5g			<b>4%</b>
<b>Saturated Fat</b> 1.5g			<b>8%</b>
<b>Trans Fat</b> 0g			
<b>Cholesterol</b> 15mg			<b>4%</b>
<b>Sodium</b> 700mg			<b>29%</b>
<b>Total Carbohydrate</b> 56g			<b>19%</b>
<b>Dietary Fiber</b> 2g			<b>6%</b>
<b>Sugars</b> 11g			
<b>Protein</b> 7g			
<b>Vitamin A</b> 0%	•	<b>Vitamin C</b> 0%	
<b>Calcium</b> 15%	•	<b>Iron</b> 25%	
*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

80131-011215

## DIRECTIONS:

Cold water 2 1/2 cups  
Pancake mix 3 1/3 cups  
Yield: 18-4 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° F.
4. Cook pancakes 1 to 1 1/2 minutes per side or until golden brown, turning only once.

*Pancake mix may be used for waffles.*

Yield: 12-4 inch waffles.

Mix 2 1/4 cups of mix, 2 cups cold water, and 2 Tbsp oil. Batter will be slightly lumpy, do not over mix. Pour batter into lightly oiled, preheated waffle iron. Cook waffles until steaming stops.

**INGREDIENTS:** Cake flour (bleached wheat flour, niacin, iron [reduced iron], thiamine mononitrate, riboflavin, folic acid), artificial blueberry bits (dextrose, hydrogenated palm oil, corn flour, artificial flavor, blue #2 lake, red #40 lake), sugar, soy flour, dextrose, buttermilk powder, corn starch, baking soda, sodium acid pyrophosphate, salt, monocalcium phosphate, whole eggs (whole eggs, sodium silicoaluminate [as an anticaking agent]), soybean oil, natural and artificial flavor.

**Contains allergens:** Milk, eggs, soy and wheat.