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Krusteaz Blueberry Protein Pancake Mix

Krusteaz Protein Blueberry Pancakes are the perfect combination of light and fluffy while also packing a powerful protein punch! Each serving contains 14 grams of protein. Complete with a can of real wild blueberries, these are the perfect pancakes to get you and your family off to a nourished start. Made with 100% whole grain flour and no artificial flavors or colors, Krusteaz Protein Blueberry Pancakes are a guilt-free way to start your day. For even more protein, add milk and an egg in place of water for an extra 5 grams of protein per serving.

They say home is where the heart is. For us, that's the Pacific Northwest a place known for its natural beauty and balanced way of life, and where we

Shelf Life Storage Temp Min Storage Temp Max

365 days 32°F 95°F

Ingredients

Whole wheat flour, wheat protein isolate, sugar, dried blueberries, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), dextrose, whey protein isolate (milk protein), natural flavor, salt, soybean oil, citric acid.



Preparation and Cooking

Directions

1 HEAT griddle to 375F (medium heat). Lightly grease griddle.

2 WHISK mix and water (or milk/egg, if using). Batter will be thick. For thinner pancakes, add more water or milk. Do not over-mix.

3 POUR slightly less than 1/2 cup batter per pancake onto griddle.

4 COOK pancakes 1 - 2 minutes per side, or until golden brown. (Note: Flip only once. Bubbles may not form.)

Nutrition Facts

9 servings per Container

Serving Size

1/2 cup mix

Amount per serving

Calories 220

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 580mg 25%

Total Carbohydrate 36g 13%

Dietary Fiber 4g 14%

Total Sugars 9g

Includes 7g Added Sugars 14%

Protein 14g

Vitamin D 1mcg 4%

Calcium 60mg 4%

Iron 2mg 10%

Potassium 130mg 2%

* 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.

View our full recipes library at <https://www.krusteazpro.com/recipes>

Allergens

