



Bluebird Grain Farms, LLC
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Organic Whole Grain Emmer Pacake and Waffle Mix

Nutrition Facts based on 2lb bag

EMMER PANCAKE AND WAFFLE MIX

1 cup = six 4" pancakes / two 8" waffles* (package contains 6 cups mix)

- 1 cup emmer pancake and waffle mix
- 1/3 cup milk
- 3/4 cup buttermilk
- 1 large egg
- 2 Tbs unsalted, melted butter or oil

Mix together wet ingredients. Incorporate wet ingredients into 1 cup of mix and whisk together. Heat griddle or waffle iron. Brush generously with oil or butter. When pancake bottoms brown and surface starts to bubble, flip cakes until cooked through. Serve with your favorite syrup and toppings. Enjoy!

*This recipe is interchangeable with pancakes and waffles.

ABOUT BLUEBIRD EMMER

Bluebird Emmer is a simple, highly nutritious heirloom grain that has been used in Europe for thousands of years. It is gaining popularity in North America with those who appreciate pure, nutritious and flavorful grains and flour. Its low gluten content and simple chromosome structure may work for you as a "wheat alternative."

Our grains are organically grown, harvested, and milled on our biodynamic farm in Winthrop, WA. Our goal is to produce and deliver the highest quality heirloom grains and dry product blends while helping to preserve a healthy countryside not just for this generation, but more importantly, for the next.

Nutrition Facts

Serving Size 1/2 cup (78g) Dry Product
 Servings per container about 14


Amount Per Serving		
Calories 280	Calories from Fat 10	
	% Daily Value*	
Total Fat 1g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 160mg	7%	
Total Carbohydrate 31g	10%	
Dietary Fiber 2g	8%	
Sugars 0g	0%	
Protein 5g	10%	
Niacin 20%	Magnesium 15%	
Zinc 15%	Iron 10%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS:

Organic Emmer Wheat Flour,
 Non-aluminum Baking Powder,
 Baking Soda, and Sea Salt

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 Certified Organic
 by Washington State
 Department of
 Agriculture



Country of Origin: USA

Certified Organic by:
 Washington State Dept. of
 Agriculture

Kosher Certified

Allergen Alert:
 Contains Wheat

Processed in a Nut Free facility

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 Baking Soda, and Sea Salt.

