

Pancakes Using Master Mix (A-15)

Grains/Breads

Grains/Breads

A-12A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Master Mix (A-15)	1 lb 6 ½ oz	1 qt ½ cup	2 lb 13 oz	2 qt 1 cup	<ol style="list-style-type: none"> Combine Master Mix and sugar in a mixer for 3 minutes on low speed. In a separate bowl, combine eggs and water. Add to dry ingredients. Blend for 1 minute on low speed. Scrape down sides of bowl. Blend for 1 minute on low speed. DO NOT OVERMIX. Batter will be lumpy Portion batter with level No. 20 scoop (3 ½ Tbsp) onto griddle or heavy frying pan, which has been heated to 375° F. (If desired, lightly oil griddle surface.) Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on the other side, approximately 1 minute. Serve immediately. Portion is 1 pancake. No CCP necessary.
Sugar		2 Tbsp 2 tsp	2 ¼ oz	⅓ cup	
Frozen whole eggs, thawed	8 oz	¾ cup 3 Tbsp	1 lb	1 ¾ cups 2 Tbsp	
OR		OR		OR	
Fresh large eggs		5 each		9 each	
Water		2 ½ cups 2 Tbsp		1 qt 1 ¼ cups	

SERVING:	YIELD:	VOLUME:
1 pancake provides the equivalent of 1 slice of bread.	25 Servings: 25 (4-inch) pancakes	25 Servings: 1 quart 1 ¼ cups (batter)
	50 Servings: 50 (4-inch) pancakes	50 Servings: 2 quarts 2 ½ cups (batter)
	Tested 2004	

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Nutrients Per Serving

Calories	124	Saturated Fat	1.39 g	Iron	1.05 mg
Protein	3.34 g	Cholesterol	39 mg	Calcium	94 mg
Carbohydrate	15.40 g	Vitamin A	66 IU	Sodium	196 mg
Total Fat	5.37 g	Vitamin C	0.1 mg	Dietary Fiber	0.5 g