

# GLUTEN FREE PANCAKE & CREPE MIX

## Product Information

### Description

A tasty versatile Gluten Free pancake & crepe mix suitable for those with Coeliac Disease. Its really easy to use, just add milk and eggs. Fill with sweet or savoury filling for a teatime treat or simply add lemon and sugar.

Certified by Coeliac UK product GB-163-012

Brand: Middletons

Description: Gluten Free Pancake & Crepe Mix

Pack Size: 3kg

Storage: Store in a cool dry place away from strong odours and direct sunlight

Order Code: **U017A**

(Internal Code: Y101 tub)



### Shelf Life

Unopened - 24 months

### Portion Yields

Pancakes	Crepes
Dry Mix 250g	Dry Mix 250g
Cold Milk 460ml	Cold Milk 500ml
Eggs 2	Eggs 2

### Features and Benefits

- ✓ Easy to use, just add milk & eggs
- ✓ Suitable for Vegetarians
- ✓ Suitable for Vegans

### Nutritional Information

Nutritional Information	100g as sold
Energy (kJ)	1466
Energy (kcal)	345
Fat (g)	0.7
of which Saturates (g)	0.2
Carbohydrate (g)	80
of which Sugars (g)	1.0
Protein (g)	5.1
Salt (g)	1.6

Approx 30 x 100g portions as sold per 3kg tub

### Ingredients

Rice Flour, Tapioca Starch, Potato Starch, Maize Starch, Buckwheat Flour, Salt, Dextrose, Thickener (Xanthan Gum).

### Allergens

For allergy advice see ingredients in “**bold**” and UPPERCASE

### Cooking Instructions

1. Mix together the milk and the eggs.
2. Add to the dry mix and mix to a smooth consistency.
3. Cook in a pan or on a griddle as required.

### Gluten Free Vegan Pancakes & Crepes

PANCAKES	CREPES
Dry Mix 250g	Dry Mix 250g
Soya Milk 460ml	Soya Milk 500ml
Soya Yoghurt 60g	Soya Yoghurt 100g

1. Add the dry mix to a mixing bowl.
2. Mix the soya milk and yoghurt together in a jug.
3. Then add the mixture to the dry mix.
4. Mix to a smooth consistency.
5. Cook in a pan or on a griddle as required.