

**MAKE MORE WITH LESS**  
**22 RECIPES USING**  
**GOLD MEDAL® COMPLETE PANCAKE MIXES**



**VARIETY** IN EVERY BOX

MAKE MORE WITH LESS



## VARIETY in Every Box

Welcome to *Make More with Less* volume 6. This edition highlights the versatility of Gold Medal® Pancake & Waffle Mix. Inside you'll find 22 easy recipes to help you add simple signature offerings across breakfast, brunch, and even dessert. Menu Gold Medal® pancakes and waffles as traditional breakfast favorites or load them with toppings for indulgent, limited offer treats. With Gold Medal® convenient griddle mixes on hand, you can easily turn morning favorites into all-day menu items.

Looking for more great recipes from our Industry Leading Culinary Team or information about our products? Click on any of the product names or Gold Medal® logos throughout the book to access product nutritionals or our culinary database through [www.generalmillsfoodservice.com](http://www.generalmillsfoodservice.com)

Add more variety to your menu with creative ideas from our *Make More with Less* digital cookbook collection:

- ***Make More with Less*** volume 3 (White Cake Mix)
- ***Make More with Less*** volume 4 (Variety Muffin Mix)
- ***Make More with Less*** volume 5 (Biscuit Mix)

Thank you for your business.

Enjoy!

The Gold Medal Team



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### GOLD MEDAL® COMPLETE PANCAKE MIXES

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# OATMEAL RAISIN PANCAKES WITH CINNAMON SOUR CREAM

YIELD: 140 - 4-inch pancakes



# OATMEAL RAISIN PANCAKES WITH CINNAMON SOUR CREAM

YIELD: 140 - 4-inch pancakes

INGREDIENTS	WEIGHT	MEASURE
<b>CINNAMON SOUR CREAM TOPPING</b>		
Sour cream	2 lb	4 cups
Sugar, granulated	6 oz	¾ cup
Cinnamon, ground		2 Tbsp
Total Cinnamon Sour Cream Topping Weight	2 lb 6 oz	
<b>PANCAKE BATTER</b>		
Water, cool (72°F)	5 lb 8 oz	11 cups
Brown sugar, packed	2 lb	4½ cups
Raisins	2 lb	6 cups
<b>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</b>	5 lb	1 box
General Mills® Quick Oats (11897)	1 lb 2 oz	6 cups
Total Pancake Batter Weight	15 lb 10 oz	

## DIRECTIONS

### CINNAMON SOUR CREAM TOPPING

- Combine** sour cream, sugar and cinnamon into a mixing bowl.
- Mix** using a wire whip until blended and smooth.
- Refrigerate** until needed.

### PANCAKE BATTER

- Combine** water, brown sugar, and raisins in a mixing bowl.
- Add** mix.
- Mix** using a wire whip until batter is blended and smooth.
- Fold** oats into batter.
- Deposit** 2 oz of batter onto a lightly greased 375°F griddle.

- Spread** the batter into a 4-inch pancake by gently tapping it with the back of the ladle.
- Grill** for 2 minutes on each side or until puffed and edges begin to dry. Turn only once.

### FINISHING

- Top** each pancake with approximately 1 Tbsp of cinnamon sour cream.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 140 (Calories from Fat 25); Total Fat 2.5g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 5mg; Sodium 190mg; Total Carbohydrate 26g (Dietary Fiber 1g; Sugars 13g); Protein 2g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 4%

**Exchanges:** 1 Starch, 1/2 Other Carbohydrate, 1/2 Fat



# APPLE CINNAMON PANCAKES

YIELD: 96 - 2 oz pancakes



Make More with Less  
Gold Medal® Pancake Mixes

# APPLE CINNAMON PANCAKES

YIELD: 96 - 2 oz pancakes

INGREDIENTS	WEIGHT	MEASURE
Water, cool (72°F)	5 lb 8 oz	11 cups
Apples, fresh, diced	1 lb 8 oz	5¼ cups
<b>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</b>	5 lb	1 box
Cinnamon, ground		2 Tbsp
Total Weight	12 lb	

## DIRECTIONS

1. **Pour** water and apples into mixing bowl.
2. **Add** mix and cinnamon. Mix using a wire whip until batter is blended and smooth. Do not overmix.
3. **Deposit** 2 oz of batter onto a preheated griddle set at 375°F.
4. **Grill** 1½ minutes on each side or until puffed and golden brown and edges begin to dry.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 90 (Calories from Fat 15); Total Fat 1.5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 260mg; Total Carbohydrate 17g (Dietary Fiber 1g; Sugars 4g); Protein 2g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 2%; Iron 2%

**Exchanges:** 1/2 Starch, 1/2 Other Carbohydrate, 1/2 Fat

FLAVOR  
VARIATIONS



# WHOLE GRAIN OATMEAL PANCAKE WITH CRANBERRY APRICOT CHUTNEY

YIELD: 84 - 4-inch pancakes





# WHOLE GRAIN OATMEAL PANCAKE WITH CRANBERRY APRICOT CHUTNEY

YIELD: 84 - 4-inch pancakes

INGREDIENTS	WEIGHT	MEASURE
<b>CRANBERRY APRICOT CHUTNEY</b>		
Butter, unsalted	4 oz	½ cup
Onion, diced	12 oz	1½ cups
Cranberries, dried	1 lb	3 cups
Apricots, dried, chopped	14 oz	2 cups
Cardamom		½ tsp
Cinnamon, ground		1 Tbsp
Water, cool (72°F)	12 oz	1½ cups
Brown sugar, packed	4 oz	4 Tbsp
Pancake syrup	1 lb 12 oz	2½ cups
Total Cranberry Apricot Chutney Weight	5 lb 10 oz	
<b>WHOLE GRAIN OATMEAL PANCAKES</b>		
Oatmeal, cooked, cold	2 lb	4 cups
<b>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</b>	5 lb	1 box
Water, cool (72°F)	5 lb 8 oz	11 cups
Total Whole Grain Oatmeal Pancakes Weight	12 lb 8 oz	

## DIRECTIONS

### CRANBERRY APRICOT CHUTNEY

- Melt** butter in a medium sauce pan over low heat. Add the onions and sauté until transparent, stirring frequently.
- Add** cranberries, apricots and spices and sauté over low heat 2-3 minutes, or until fruits are softened.
- Add** water, brown sugar and syrup and bring to a boil over medium heat, stirring constantly.
- Turn** heat to low and let simmer for 2-3 minutes, stirring constantly. Set aside and keep warm for pancakes.

### WHOLE GRAIN OATMEAL PANCAKES

- Place** cooked cold oatmeal in a large mixing bowl. Break it apart, by adding some of the water and using a wire whisk, to make a smooth texture.
- Add** pancake mix and the remaining water. Mix until batter is blended and smooth.

- Deposit** 2 oz of batter onto a lightly greased 375°F griddle.
- Spread** the batter into a 4-inch pancake by gently tapping it with the back of the ladle.
- Grill** for 1½-2 minutes on each side or until puffed and edges begin to dry. Turn only once.

### FINISHING

- Top** each pancake with approximately 1 oz of Cranberry Apricot Chutney.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 180 (Calories from Fat 30); Total Fat 3g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 5mg; Sodium 310mg; Total Carbohydrate 35g (Dietary Fiber 2g; Sugars 16g); Protein 3g

**% Daily Value:** Vitamin A 6%; Vitamin C 0%; Calcium 4%; Iron 6%

**Exchanges:** 1 Starch, 1/2 Fruit, 1 Other Carbohydrate, 1/2 Fat



# NATURE VALLEY® HARVEST PANCAKES

YIELD: 136 - 2 oz ladle pancakes



# NATURE VALLEY® HARVEST PANCAKES

YIELD: 136 - 2 oz ladle pancakes

INGREDIENTS	WEIGHT	MEASURE
Nature Valley® 100% Natural Granola - Oats 'n Honey Bulkpack Cereal (27111)	2 lb	9 cups
Walnuts, chopped	1 lb	4 cups
<b>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</b>	5 lb	1 box
Rolled oats, dry	3.5 oz	1 cup
Water, cool (72°F)	6 lb 8 oz	13 cups
Total Weight	14 lb 11.5 oz	

## DIRECTIONS

- Add** granola in a food processor and pulse until coarsely ground. Set aside. Add walnuts to food processor and pulse until roughly chopped.
- Stir** granola, walnuts, pancake mix and rolled oats together in a large mixing bowl.
- Pour** total amount of water into mixing bowl. Mix using a wire whip until batter is blended and smooth. **DO NOT OVER MIX.**
- Deposit** 2 oz of batter onto a preheated, lightly greased griddle set at 375°F.
- Grill** 1½-2 minutes on each side until pancake turns golden brown and edges begin to dry.
- Serve** with pancake syrup and a generous sprinkle of Nature Valley Granola.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 90 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 190mg; Total Carbohydrate 12g (Dietary Fiber 1g; Sugars 2g); Protein 2g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 2%

**Exchanges:** 1 Starch, 1/2 Fat



# WHOLE GRAIN APPLE CINNAMON PANCAKES WITH APPLE SYRUP

YIELD: 96 - 2 oz pancakes



Make More with Less  
Gold Medal® Pancake Mixes

# WHOLE GRAIN APPLE CINNAMON PANCAKES WITH APPLE SYRUP

YIELD: 96 - 2 oz pancakes

INGREDIENTS	WEIGHT	MEASURE
<b>APPLE SYRUP</b>		
Sugar, granulated	2 lb 5 oz	4 <sup>2</sup> / <sub>3</sub> cups
Cornstarch	5.2 oz	<sup>2</sup> / <sub>3</sub> cup
Cinnamon, ground	2.2 oz	<sup>1</sup> / <sub>4</sub> cup
Nutmeg, ground	2.2 oz	<sup>1</sup> / <sub>4</sub> cup
Apple juice	5 lb 2 oz	4 <sup>1</sup> / <sub>4</sub> cups
Lemon juice	5.2 oz	<sup>2</sup> / <sub>3</sub> cup
Butter, unsalted	10.5 oz	1 <sup>1</sup> / <sub>3</sub> cups
Total Apple Syrup Weight	9 lb 0.3 oz	
<b>PANCAKE BATTER</b>		
Water, cool (72°F)	5 lb 8 oz	10 <sup>1</sup> / <sub>2</sub> cups
Apples, sliced, canned in water	1 lb 8 oz	5 <sup>1</sup> / <sub>4</sub> cups
<b>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</b>	5 lb	1 box
Cinnamon, ground	2.8 oz	<sup>1</sup> / <sub>3</sub> cup
Total Pancake Batter Weight	12 lb 2.8 oz	

## DIRECTIONS

### APPLE SYRUP

1. **Mix** in saucepan sugar, cornstarch, cinnamon, and nutmeg.
2. **Stir** in apple juice and lemon juice.
3. **Cook**, stirring constantly, until mixture thickens and boils.
4. **Boil** and stir for 1 minute.
5. **Remove** from heat, stir in butter and set aside.

### PANCAKE BATTER

1. **Drain** sliced apples and <sup>1</sup>/<sub>4</sub> inch dice.
2. **Pour** total amount of water and diced apples into mixing bowl.
3. **Add** total amount of mix and cinnamon. Using a wire whip, mix on low for 30 seconds. Scrape down. Mix on low for another 30 seconds until batter is blended and smooth. **DO NOT OVER MIX.**

4. **Deposit** 2 oz of batter onto a preheated, lightly greased griddle set at 375°F.
5. **Grill** 1<sup>1</sup>/<sub>2</sub> minutes on each side or until pancake turns golden brown and edges begin to dry.

### FINISHING

1. **Place** pancakes on serving platter. Top each pancake with approximately 1 oz of apple syrup.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 190 (Calories from Fat 40); Total Fat 4.5g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 10mg; Sodium 280mg; Total Carbohydrate 34g (Dietary Fiber 2g; Sugars 17g); Protein 2g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 4%

**Exchanges:** 1 Starch, 1 Other Carbohydrate, 1 Fat



# BUTTERMILK LEMON PANCAKES WITH BLUEBERRY COMPOTE

YIELD: 84 - 4-inch pancakes



# BUTTERMILK LEMON PANCAKES WITH BLUEBERRY COMPOTE

YIELD: 84 - 4-inch pancakes

INGREDIENTS	WEIGHT	MEASURE
<b>BLUEBERRY COMPOTE</b>		
Blueberries, IQF	3 lb	9 cups
Corn syrup	1 lb 8 oz	2 cups
Total Blueberry Compote Weight	4 lb 8 oz	
<b>PANCAKE BATTER</b>		
Water, cool (72°F)	5 lb 8 oz	11 cups
<b>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</b>	5 lb	1 box
Lemon zest	3 oz	8 Tbsp
Lemon extract	1 oz	2 Tbsp
Total Pancake Batter Weight	10 lb 12 oz	

## DIRECTIONS

### BLUEBERRY COMPOTE

- Combine** blueberries and corn syrup in a medium sauce pan.
- Simmer** for 10-14 minutes until mixture starts to thicken.
- Remove** from heat and keep warm.

### PANCAKE BATTER

- Combine** water, zest and extract in a mixing bowl. Stir together with wire whip until well blended.
- Add** pancake mix and mix using a wire whip or rubber spatula until batter is blended and smooth.
- Deposit** 2 oz of batter onto a lightly greased 375°F griddle.

- Grill** for 1½ minutes on each side, or until puffed and edges begin to dry. Turn only once.

### FINISHING

- Top** each pancake with approximately 1 Tbsp of blueberry compote.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 140 (Calories from Fat 20); Total Fat 2.5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 10mg; Sodium 290mg; Total Carbohydrate 27g (Dietary Fiber 1g; Sugars 8g); Protein 2g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 6%

**Exchanges:** 1 Starch, 1/2 Other Carbohydrate, 1/2 Fat



# COCONUT PANCAKES WITH LEMON ZEST YOGURT

YIELD: 84 - 2 oz pancakes





# COCONUT PANCAKES WITH LEMON ZEST YOGURT

YIELD: 84 - 2 oz pancakes

INGREDIENTS	WEIGHT	MEASURE
<b>TOASTED COCONUT</b>		
Coconut, shredded	2 lb	10 cups
Total Toasted Coconut Weight	2 lb	
<b>LEMON ZEST YOGURT</b>		
Lemon zest	2 oz	½ cup
Lemon juice	2 oz	¼ cup
<b>YOPLAIT® LOWFAT VANILLA BULK SIZE YOGURT 32 OZ (00439)</b>	5 lb	10 cups
Total Lemon Zest Yogurt Weight	5 lb 4 oz	
<b>PANCAKE BATTER</b>		
Water, cool (72°F)	5 lb 8 oz	11 cups
Lemon extract	1 oz	3 Tbsp
<b>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</b>	5 lb	1 box
Total Pancake Batter Weight	10 lb 9 oz	
<b>FINISHING</b>		
Sugar, powdered, not sifted	3.75 oz	1 cup
Total Finishing Weight	3.75 oz	

## DIRECTIONS

### TOASTED COCONUT

1. **Place** coconut on parchment-lined, full sheet pan.
2. **Bake** at 350°F for 3-4 minutes.
3. **Stir** and bake for an additional 2-3 minutes or until lightly browned.
4. **Cool.** Set aside.

### LEMON ZEST YOGURT

1. **Combine** zest, juice and yogurt in mixing bowl.
2. **Mix** using a wire whip until blended and smooth. Set aside.

### PANCAKE BATTER

1. **Combine** water, lemon extract and pancake mix in a mixing bowl.
2. **Mix** using a wire whip until batter is blended and smooth.
3. **Fold** toasted coconut into batter.

4. **Deposit** 2 oz of batter onto a lightly greased 375°F griddle.
5. **Grill** for 1½ minutes on each side or until pancake turns golden brown and edges begin to dry.

### FINISHING

1. **Top** each pancake with 1 oz of yogurt sauce.
2. **Dust** each pancake with ½ tsp of powdered sugar.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 170 (Calories from Fat 50); Total Fat 6g (Saturated Fat 4g; Trans Fat 0g); Cholesterol 0mg; Sodium 310mg; Total Carbohydrate 26g (Dietary Fiber 1g; Sugars 9g); Protein 3g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 6%

**Exchanges:** 1 Starch, 1/2 Other Carbohydrate, 1 Fat



# MANGO CHUTNEY STUFFED PANCAKES WITH STRAWBERRY COULIS

YIELD: 84 - 2 oz pancakes



# MANGO CHUTNEY STUFFED PANCAKES WITH STRAWBERRY COULIS

YIELD: 84 - 2 oz pancakes

INGREDIENTS	WEIGHT	MEASURE
<b>STRAWBERRY COULIS</b>		
Strawberries, fresh	5 lb	16¼ cups
Sugar, granulated	1 lb	2¼ cups
Total Strawberry Coulis Weight	6 lb	
<b>MANGO CHUTNEY</b>		
Onion, yellow, small diced	8 oz	1½ cups
Butter, unsalted	4 oz	½ cup
Red pepper, fresh, diced	4 oz	¾ cup
Mango, fresh, peeled, small diced	4 lb	8 cups
Cinnamon, ground		1 Tbsp
Sugar, granulated	1 lb	2¼ cups
Vinegar, white	4 oz	½ cup
Total Mango Chutney Weight	6 lb 4 oz	
<b>PANCAKE BATTER</b>		
<b>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</b>	5 lb	1 box
Water, cool (72°F)	5 lb	10 cups
Total Pancake Batter Weight	10 lb	
<b>FINISHING</b>		
Powdered sugar	8 oz	2 cups
Total Finishing Weight	8 oz	

## DIRECTIONS

### STRAWBERRY COULIS

1. **Clean** and hull strawberries.
2. **Add** sugar. Place in food processor.
3. **Pulse** until mixture is well-blended.
4. **Remove** and set aside.

### MANGO CHUTNEY

1. **Saute** onion and butter in a medium sauce pan until tender.
2. **Add** red pepper, mango, sugar, vinegar and cinnamon.
3. **Cook** for 10 to 14 minutes until chutney starts to thicken.
4. **Remove** from heat, keep warm.

### PANCAKE BATTER

1. **Combine** water and mix in a mixing bowl.
2. **Mix** using a wire whip until batter is blended and smooth.

3. **Deposit** 2 oz of batter onto a lightly greased 375°F griddle.
4. **Grill** for 1½ minutes on each side, or until pancake turns golden brown and edges begin to dry.
5. **Place** 1 oz of chutney in center of each pancake. Fold over. Place pancake on serving platter so seam is facing down.

### FINISHING

1. **Top** each pancake with approximately 1 oz of Strawberry Coulis. Sprinkle with ½ tsp of powdered sugar, if desired. Serve.

**NUTRITION:** (Values calculated using weights of ingredients.)

**1 serving:** Calories 190 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 10mg; Sodium 280mg; Total Carbohydrate 38g (Dietary Fiber 1g; Sugars 21g); Protein 3g

**% Daily Value:** Vitamin A 4%; Vitamin C 40%; Calcium 4%; Iron 8%

**Exchanges:** 1 Starch, 1-1/2 Other Carbohydrate, 1/2 Fat



# MOCHA CAPPUCCINO PANCAKES SERVED WITH CINNAMON WHIPPED CREAM

YIELD: 82 - 4-inch pancakes



# MOCHA CAPPUCCINO PANCAKES SERVED WITH CINNAMON WHIPPED CREAM

YIELD: 82 - 4-inch pancakes

INGREDIENTS	WEIGHT	MEASURE
<b>CINNAMON WHIPPED CREAM</b>		
Whipping cream, heavy	2 lb 8 oz	5 cups
Sugar, granulated	8 oz	1 cup
Cinnamon, ground		1 Tbsp
Total Cinnamon Whipped Cream Weight	3 lb	
<b>PANCAKE BATTER</b>		
Coffee, brewed, cool	5 lb 8 oz	11 cups
<b>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</b>	5 lb	1 box
Total Pancake Batter Weight	10 lb 8 oz	
<b>FINISHING</b>		
Chocolate shavings, semi-sweet	3 lb 6 oz	8 cups
Total Finishing Weight	3 lb 6 oz	

## DIRECTIONS

### CINNAMON WHIPPED CREAM

- Combine** cream, sugar and cinnamon in a mixer bowl with a whip attachment on medium speed approximately 4-6 minutes. DO NOT OVER WHIP.
- Refrigerate** until needed.

### PANCAKE BATTER

- Combine** coffee and mix in a mixing bowl.
- Mix** using a wire whip until batter is blended and smooth.
- Deposit** 2 oz of batter onto a lightly greased 375°F griddle.
- Grill** for 1½ minutes on each side or until puffed and edges begin to dry. Turn only once.

### FINISHING

- Top** each pancake with approximately 1 Tbsp of cinnamon whipped cream and 1 Tbsp of chocolate shavings.

#### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 250 (Calories from Fat 1100); Total Fat 12g (Saturated Fat 7g; Trans Fat 0g); Cholesterol 25mg; Sodium 290mg; Total Carbohydrate 33g (Dietary Fiber 1g; Sugars 16g); Protein 3g

**% Daily Value:** Vitamin A 2%; Vitamin C 0%; Calcium 6%; Iron 10%

**Exchanges:** 1 Starch, 1 Other Carbohydrate, 2-1/2 Fat



# WHOLE GRAIN WAFFLES

YIELD: 29 - 6 oz waffles



# WHOLE GRAIN WAFFLES

YIELD: 29 - 6 oz waffles

INGREDIENTS	WEIGHT	MEASURE
Water, cool (72°F)	5 lb	10 cups
Eggs, large, whole	7 oz	4 each
Vegetable oil	7.5 oz	1 cup
<b>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</b>	5 lb	1 box
Total Weight	10 lb 14.5 oz	

## DIRECTIONS

1. **Combine** water, eggs and oil in mixing bowl.
2. **Mix** using a wire whip until well blended.
3. **Add** total amount of pancake mix.
4. **Mix** until blended and smooth.

## SCALE

1. **Deposit** 6 oz (#6 scoop) of batter onto a heavily oiled, preheated waffle iron set at 375°-380°F.
2. **Bake** 3-4 minutes or until golden brown.

## FINISHING AND MERCHANDISING

**Toppings:** Top with fruit sauces or your favorite syrup.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 220 (Calories from Fat 100); Total Fat 11g (Saturated Fat 2.5g; Trans Fat 0g); Cholesterol 35mg; Sodium 450mg; Total Carbohydrate 27g (Dietary Fiber 2g; Sugars 5g); Protein 4g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 6%

**Exchanges:** 1 Starch, 1/2 Other Carbohydrate, 2 Fat

PREPARATION  
TIP



# CHICKEN AND WAFFLE SANDWICH

YIELD: 29 waffles





# CHICKEN AND WAFFLE SANDWICH

YIELD: 29 waffles

INGREDIENTS	WEIGHT	MEASURE
<b>SPICY MAPLE MAYO</b>		
Mayonnaise	2 lb 4 oz	4¾ cups
Pancake Syrup	12 oz	1 cup
Cayenne pepper, ground		¾ tsp
Hot sauce	1.5 oz	3 Tbsp
Total Spicy Maple Mayo Weight	3 lb 1.5 oz	
<b>CHICKEN</b>		
Chicken tenders, breaded, 1 oz portion	7 lb 4 oz	116 each
Total Chicken Weight	7 lb 4 oz	
<b>WAFFLE BATTER</b>		
Water, cool (72°F)	5 lb	10 cups
Eggs, large, whole	8 oz	4 each
Oil, vegetable	7.5 oz	1 cup
<b>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</b>	5 lb	1 box
Total Waffle Batter Weight	10 lb 15.5 oz	
<b>BACON</b>		
Bacon slices, cooked	1 lb 8 oz	58 each
Total Bacon Weight	1 lb 8 oz	

## DIRECTIONS

### SPICY MAPLE MAYO

1. **Combine** mayonnaise, pancake syrup, cayenne and hot sauce in a mixing bowl. Mix with rubber spatula until well combined. Chill until ready to use.

### CHICKEN

1. **Prepare** chicken according to manufacturer's directions. Hold warm until ready to use.

### WAFFLE BATTER

1. **Combine** water, eggs and oil in a mixing bowl. Mix using a wire whip until well blended.
2. **Add** pancake mix. Mix until well blended and smooth.
3. **Deposit** 6 oz of batter onto a well oiled preheated waffle iron set at 375°-380°F. Bake 3-4 minutes or until golden brown.

### ASSEMBLY

1. **Spread** 3 Tbsp of spicy mayo across waffle.
2. **Place** 4 oz of chicken tenders or strips across half of the waffle.
3. **Add** 2 bacon strips across chicken.
4. **Fold** over and serve.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 1070 (Calories from Fat 620); Total Fat 68g (Saturated Fat 14g; Trans Fat 0.5g); Cholesterol 125mg; Sodium 2110mg; Total Carbohydrate 80g (Dietary Fiber 2g; Sugars 15g); Protein 34g

**% Daily Value:** Vitamin A 4%; Vitamin C 0%; Calcium 10%; Iron 25%

**Exchanges:** 4-1/2 Starch, 1 Other Carbohydrate, 3 Medium-Fat Meat, 10 Fat



# WHOLE GRAIN BACON PANCAKES

YIELD: 100 - 2 oz pancakes



# WHOLE GRAIN BACON PANCAKES

YIELD: 100 - 2 oz pancakes

INGREDIENTS	WEIGHT	MEASURE
Water, cool (72°F)	5 lb 8 oz	11 cups
Bacon, cooked, fine chop	1 lb	4 cups
<b>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</b>	5 lb	1 box
Total Weight	11 lb 8 oz	

## DIRECTIONS

1. **Pour** water and bacon into mixing bowl.
2. **Add** mix. Mix using a wire whip until batter is blended and smooth. **DO NOT OVER MIX.**
3. **Deposit** 2 oz of batter onto a preheated griddle set at 375°F.
4. **Grill** 1½ minutes on each side or until puffed and golden brown and edges begin to dry.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 110 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 5mg; Sodium 360mg; Total Carbohydrate 15g (Dietary Fiber 1g; Sugars 3g); Protein 4g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 4%

**Exchanges:** 1 Starch, 1/2 Fat



# WHOLE GRAIN SAUSAGE PANCAKES

YIELD: 100 - 2 oz pancakes



# WHOLE GRAIN SAUSAGE PANCAKES

YIELD: 100 - 2 oz pancakes

INGREDIENTS	WEIGHT	MEASURE
Water, cool (72°F)	5 lb 8 oz	11 cups
Sausage, cooked, fine chop	1 lb	4 cups
<b>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</b>	5 lb	1 box
Total Weight	11 lb 8 oz	

## DIRECTIONS

1. **Pour** water and sausage into mixing bowl.
2. **Add** pancake mix. Mix using a wire whip until batter is blended and smooth. **DO NOT OVER MIX.**
3. **Deposit** 2 oz of batter onto a preheated griddle set at 375°F.
4. **Grill** 1½ minutes on each side or until puffed and golden brown and edges begin to dry.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 100 (Calories from Fat 25); Total Fat 3g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 5mg; Sodium 290mg; Total Carbohydrate 15g (Dietary Fiber 1g; Sugars 3g); Protein 3g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 4%

**Exchanges:** 1 Starch, 1/2 Fat



## DELUXE PANCAKE STRATA

YIELD: 54 - 3¼ x 4-inch servings



# DELUXE PANCAKE STRATA

YIELD: 54 - 3¼ x 4-inch servings

INGREDIENTS	WEIGHT	MEASURE
<b>VEGETABLE MIXTURE</b>		
Vegetable oil	2 oz	¼ cup
Onions, diced	2 lb	4 cups
Green bell peppers, diced	1 lb	3 cups
Red bell peppers, diced	1 lb	3 cups
Total Vegetable Mixture Weight	4 lb 2 oz	
<b>STRATA BATTER</b>		
Water, cool (72°F)	5 lb 8 oz	11 cups
<b>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</b>	5 lb	1 box
Total Strata Batter Weight	10 lb 8 oz	
<b>TOPPINGS</b>		
Ham, diced	2 lb	6 cups
Cheddar cheese, shredded	2 lb	8 cups
Total Toppings Weight	4 lb	
<b>FINISHING</b>		
Old El Paso® Thick & Chunky Salsa Medium gallon (88792)	1 lb 11 oz	3 cups
Total Finishing Weight	1 lb 11 oz	

## DIRECTIONS

### VEGETABLE MIXTURE

1. **Saute** onions and peppers in oil over medium heat for 5 minutes. Allow to cool and set aside.

### STRATA BATTER

1. **Pour** water into a mixing bowl.
2. **Add** mix.
3. **Mix** with wire whip until batter is smooth.

### SCALE

1. **Divide** batter between 3 greased hotel pans, approximately 3½ lbs.
2. **Sprinkle** approximately 1 lb 5 oz sauteed onions and peppers and approximately 8 oz each of ham and of cheese evenly over the batter in each pan.

### BAKE

Convection Oven\* 350°F 15-20 minutes  
Standard Oven 400°F 25-30 minutes

\*Rotate pans baked in a convection oven one-half turn (180°) after 8 minutes of baking.

### FINISHING

1. **Top** each serving with 1Tbsp of salsa.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 280 (Calories from Fat 100); Total Fat 11g (Saturated Fat 5g; Trans Fat 0g); Cholesterol 40mg; Sodium 660mg; Total Carbohydrate 32g (Dietary Fiber 2g; Sugars 7g); Protein 2g

**% Daily Value:** Vitamin A 10%; Vitamin C 15%; Calcium 15%; Iron 10%

**Exchanges:** 2 Starch, 1 High-Fat Meat



# CRISPY CORN CAKE

YIELD: 104 corn cakes



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Gold Medal® Pancake Mixes



# CRISPY CORN CAKE

YIELD: 104 corn cakes

INGREDIENTS	WEIGHT	MEASURE
<b>CORN CAKE BATTER</b>		
Water, cool (72°F)	5 lb	2 quart 1 pint
<b>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</b>	5 lb	1 box
Corn meal	1 lb 4 oz	3 1/3 cups
Red bell pepper, fresh, small dice	1 lb	3 cups
Jalapeno pepper, fresh, minced	5 oz	1 cup
Onion, fresh, minced	8 oz	1 1/2 cups
Garlic, chopped	1.5 oz	2 Tbsp
Black pepper, coarse ground		2 1/2 tsp
Cayenne pepper, ground		1 1/4 tsp
Total Corn Cake Batter Weight	13 lb 2.5 oz	
<b>GRILLING</b>		
Oil, for frying	1 lb 4 oz	2 1/2 cups
Total Pancake Batter Weight	1 lb 4 oz	

## DIRECTIONS

### CORN CAKE BATTER

1. **Add** water to mixing bowl.
2. **Add** pancake mix and corn meal and mix with a wire whip until blended.
3. **Fold** in remaining ingredients.

### GRILLING

1. **Deposit** batter using a #20 scoop onto a greased, preheated large skillet on medium high heat. Skillet should have enough oil to create a thin layer on the bottom of the pan.
2. **Grill** approximately 1 minute or until golden brown. Flip and cook additional minute. Keep warm.
3. **Repeat** cooking in batches, adding more oil if necessary.

### SERVING SUGGESTION

- Top each cake with a poached egg and a Southwestern hollandaise sauce.

**Note:** Recipe calls for a reduced amount of water than listed on the back of the box.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 150 (Calories from Fat 60); Total Fat 7g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 220mg; Total Carbohydrate 20g (Dietary Fiber 1g; Sugars 3g); Protein 2g

**% Daily Value:** Vitamin A 4%; Vitamin C 6%; Calcium 2%; Iron 6%

**Exchanges:** 1-1/2 Starch, 1 Fat

**FINISHING TIP**



# BAKED WHOLE GRAIN PANCAKE SQUARES

YIELD: 64 - 2 squares per serving (2 full sheet pans)



# BAKED WHOLE GRAIN PANCAKE SQUARES

YIELD: 64 - 2 squares per serving (2 full sheet pans)

INGREDIENTS	WEIGHT	MEASURE
Water, cool (72°F)	5 lb	10 cups
Eggs, large whole	7 oz	4 each
Vegetable oil	7.5 oz	1 cup
<b>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</b>	5 lb	1 box
Total Weight	10 lb 14.5 oz	

## DIRECTIONS

1. **Pour** total amount of water into a mixing bowl.
2. **Add** eggs and oil.
3. **Mix** using a wire whip until blended.
4. **Add** total amount of mix.
5. **Mix** using a wire whip until batter is smooth.

## SCALE

1. **Grease** or spray 2 full sheet pans.
2. **Deposit** 5 lb 6 oz batter per pan.

## BAKE

Convection Oven\* 350°F 8-12 minutes  
Standard Oven 400°F 13-18 minutes

\*Rotate pans baked in a convection oven one-half turn (180°) half way through baking.

## NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 170 (Calories from Fat 60); Total Fat 6g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 15mg; Sodium 400mg; Total Carbohydrate 24g (Dietary Fiber 2g; Sugars 4g); Protein 4g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 4%

**Exchanges:** 1-1/2 Starch, 1 Fat

**FINISHING TIP**



# WHOLE GRAIN CHOCOLATE SWIRL PANCAKES

YIELD: 41 - 4 oz pancakes



# WHOLE GRAIN CHOCOLATE SWIRL PANCAKES

YIELD: 41 - 4 oz pancakes

INGREDIENTS	WEIGHT	MEASURE
<b>PLAIN BATTER</b>		
Water, cool (72°F)	2 lb 12 oz	5½ cups
<b>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</b>	2 lb 8 oz	½ box
Total Plain Batter Weight	5 lb 4 oz	
<b>CHOCOLATE BATTER</b>		
Cocoa powder, sifted	4 oz	1½ cups
<b>GOLD MEDAL® ZT WHOLE GRAIN COMPLETE PANCAKE MIX 5 LB (31527)</b>	2 lb 8 oz	½ box
Water, cool (72°F)	2 lb 12 oz	5½ cups
Total Chocolate Batter Weight	5 lb 8 oz	
<b>LINGONBERRY SAUCE</b>		
Maple syrup	4 lb	5½ cups
Lingonberries, IQF	2 lb	8 cups
Total Lingonberry Sauce Weight	6 lb	

## DIRECTIONS

1. **Combine** 5½ cups of water and ½ box of pancake mix in a mixing bowl. Mix using a wire whip until blended and smooth. Set aside.
2. In a separate mixing bowl, **combine** sifted cocoa powder and pancake mix. **Add** water and mix using a wire whip until blended and smooth.
3. **Deposit** a 2 oz ladle of plain batter onto a lightly greased 375°F griddle.
4. **Swirl** a 2 oz ladle of the chocolate batter through the plain batter.
5. **Grill** for 2 minutes on each side or until puffed and edges begin to dry. Turn only once.

## FINISHING: LINGONBERRY SAUCE

1. **Heat** maple syrup until warm.
2. **Add** lingonberries and stir to combine.
3. **Top** each pancake with 2 oz of sauce.

## NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 370 (Calories from Fat 35); Total Fat 4g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 5mg; Sodium 630mg; Total Carbohydrate 77g (Dietary Fiber 3g; Sugars 42g); Protein 5g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 8%; Iron 10%

**Exchanges:** 2 Starch, 3 Other Carbohydrate, 1/2 Fat



# RED VELVET PANCAKES

YIELD: 120 - 2 oz pancakes



# RED VELVET PANCAKES

YIELD: 120 - 2 oz pancakes

INGREDIENTS	WEIGHT	MEASURE
Water, cool (72°F)	7 lb	14 cups
Chocolate syrup	1 lb 4 oz	2 cups
Food coloring, red	2 oz	¼ cup
<b>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</b>	5 lb	1 box
<b>GOLD MEDAL® ZT DEVIL'S FOOD CAKE MIX 5 LB (11112)</b>	2 lb 8 oz	½ box
Total Weight	15 lb 14 oz	

## DIRECTIONS

1. **Pour** total amount of water, food color and chocolate syrup into mixing bowl.
2. **Add** total amount of mixes.
3. **Mix** using a wire whip on low speed for 1 minute, until batter is blended and smooth. Stop mixer. Scrape bowl and paddle; mix for 1 minute.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 130 (Calories from Fat 25); Total Fat 3g (Saturated Fat 1g; Trans Fat 0g); Cholesterol 5mg; Sodium 270mg; Total Carbohydrate 22g (Dietary Fiber 1g; Sugars 8g); Protein 2g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 2%; Iron 6%

**Exchanges:** 1/2 Starch, 1 Other Carbohydrate, 1 Fat

## GRIDDLE

1. **Deposit** 2 oz batter on preheated griddle set at 350°F. Griddle 1-1½ minutes on each side or until puffed and edges begin to dry. Turn only once.



# PEANUT BUTTER CHIP PANCAKES WITH DARK CHOCOLATE DRIZZLE

YIELD: 84 - 2 oz pancakes





# PEANUT BUTTER CHIP PANCAKES WITH DARK CHOCOLATE DRIZZLE

YIELD: 84 - 2 oz pancakes

INGREDIENTS	WEIGHT	MEASURE
<b>PANCAKE BATTER</b>		
Water, cool (72°F)	5 lb 8 oz	11 cups
<b>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</b>	5 lb	1 box
Peanut butter chips	2 lb 6 oz	6 cups
Total Pancake Batter Weight	12 lb 14 oz	
<b>FINISHING</b>		
Chocolate syrup	2 lb 12 oz	4 cups
Total Finishing Weight	2 lb 12 oz	

## DIRECTIONS

1. **Combine** water and mix in mixing bowl.
2. **Mix** using a wire whip until batter is blended and smooth.
3. **Deposit** 2 oz of batter onto a lightly greased 375°F griddle.
4. **Sprinkle** ½ oz of peanut butter chips in batter on each pancake.
5. **Grill** for 1½ minutes on each side or until pancake turns brown and edges begin to dry.
6. **Place** pancakes on serving platter.
7. **Drizzle** 1 oz of syrup over each pancake.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 210 (Calories from Fat 60); Total Fat 6g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 10mg; Sodium 330mg; Total Carbohydrate 35g (Dietary Fiber 1g; Sugars 16g); Protein 4g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 8%

**Exchanges:** 1 Starch, 1-1/2 Other Carbohydrate, 1 Fat



# BLUEBERRY PANCAKE SQUARES

YIELD: 128 - 2 x 3-inch servings



# BLUEBERRY PANCAKE SQUARES

YIELD: 128 - 2 x 3-inch servings

INGREDIENTS	WEIGHT	MEASURE
Water, cool (72°F)	5 lb 8 oz	11 cups
<b>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</b>	5 lb	1 box
Blueberries, IQF	3 lb	9 cups
Total Weight	13 lb 8 oz	

## DIRECTIONS

1. **Prepare** mix according to box directions.

### SCALE

1. **Divide** batter evenly between 2 greased or parchment-lined full sheet pans. Spread evenly.
2. **Sprinkle** blueberries evenly over the batter in each pan.

### BAKE

Convection Oven\* 350°F 15-20 minutes  
Standard Oven 400°F 20-25 minutes

\*Rotate pans baked in a convection oven one-half turn (180°) after 8 minutes of baking.

### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 70 (Calories from Fat 15); Total Fat 1.5g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 5mg; Sodium 180mg; Total Carbohydrate 13g (Dietary Fiber 0g; Sugars 3g); Protein 1g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 2%; Iron 4%

**Exchanges:** 1/2 Starch, 1/2 Other Carbohydrate

FLAVOR  
VARIATIONS



# CHOCOLATE CHIP PANCAKES TOPPED WITH SWIRLS OF PEANUT BUTTER & JELLY

YIELD: 84 - 2 oz pancakes



# CHOCOLATE CHIP PANCAKES TOPPED WITH SWIRLS OF PEANUT BUTTER & JELLY

YIELD: 84 - 2 oz pancakes

INGREDIENTS	WEIGHT	MEASURE
<b>PANCAKE BATTER</b>		
Water, cool (72°F)	5 lb 8 oz	11 cups
<b>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</b>	5 lb	1 box
Chocolate chips, semisweet	2 lb 4 oz	6 cups
Total Pancake Batter Weight	12 lb 12 oz	
<b>FINISHING</b>		
Peanut butter, smooth	2 lb 4 oz	4 cups
Raspberry pie filling, prepared	3 lb 8 oz	6 cups
Total Finishing Weight	5 lb 12 oz	

## DIRECTIONS

- Combine** water and mix in a mixing bowl.
- Mix** using a wire whip until batter is blended and smooth.
- Deposit** 2 oz of batter onto a lightly greased 375°F griddle.
- Sprinkle** 1½ oz of chocolate chips into batter on each pancake.
- Grill** for 1½ minutes on each side or until pancake turns golden brown and edges begin to dry.

## FINISHING

- Place** pancakes on serving platter. Combine peanut butter and filling into a pastry bag. Pipe approximately 1 oz of mixture onto center of each pancake.

## NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 280 (Calories from Fat 110); Total Fat 13g (Saturated Fat 4.5g; Trans Fat 0g); Cholesterol 10mg; Sodium 340mg; Total Carbohydrate 34g (Dietary Fiber 2g; Sugars 16g); Protein 6g

**% Daily Value:** Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 10%

**Exchanges:** 1 Starch, 1 Other Carbohydrate, 1/2 High-Fat Meat, 2 Fat



# SWEET POTATO PANCAKES WITH SPICED PECANS AND PEACH BUTTER

YIELD: 84 - 2 oz pancakes



# SWEET POTATO PANCAKES WITH SPICED PECANS AND PEACH BUTTER

YIELD: 84 - 2 oz pancakes

INGREDIENTS	WEIGHT	MEASURE
<b>PEACH BUTTER</b>		
Peaches, canned, sliced, drained	1 lb	2 cups
Butter, unsalted, softened	2 lb	4 cups
Brown sugar, packed	7 oz	1 cup
Total Peach Butter Weight	3 lb 7 oz	
<b>SPICED PECANS</b>		
Pecans, chopped	2 lb	8 cups
Butter, unsalted	2 oz	2 Tbsp
Honey	4 oz	1/3 cup
Cayenne pepper, ground		1 tsp
Salt		2 tsp
Total Spiced Pecans Weight	2 lb 6 oz	
<b>PANCAKE BATTER</b>		
Sweet potatoes, canned, drained	5 lb	10 cups
Cinnamon, ground	1.25 oz	4 Tbsp
Honey	1 lb 8 oz	2 cups
Nutmeg, ground		2 tsp
Water, cool (72°F)	5 lb 8 oz	11 cups
<b>GOLD MEDAL® ZT COMPLETE BUTTERMILK PANCAKE MIX 5 LB (11827)</b>	5 lb	1 box
Total Pancake Batter Weight	17 lb 1.25 oz	

## DIRECTIONS

### PEACH BUTTER

- Combine** peaches, butter, and brown sugar in a food processor.
- Pulse** until well-blended.
- Remove.** Place in refrigerator until chilled.

### SPICED PECANS

- Heat** skillet over medium heat.
- Add** pecans, pepper, salt, butter and 4 oz honey to skillet.
- Toast** pecan mixture for about 10 minutes, until light brown and caramelized.
- Remove** from heat. Set aside.

### PANCAKE BATTER

- Combine** sweet potatoes, 1lb 8oz honey, cinnamon, nutmeg and water in mixing bowl.
- Mix** using wire whip until well-blended and smooth.

- Add** mix. Mix using a wire whip until batter is blended and smooth.
- Deposit** 2 oz of batter onto a lightly greased 375°F griddle.
- Grill** for 1½ minutes on each side, or until pancake turns golden brown and edges begin to dry.
- Place** pancakes on serving platter.
- Top** each pancake with approximately 1 Tbsp each of peach butter and spiced pecans. Serve.

#### NUTRITION:

(Values calculated using weights of ingredients.)

**1 serving:** Calories 340 (Calories from Fat 170); Total Fat 19g (Saturated Fat 7g; Trans Fat 0g); Cholesterol 35mg; Sodium 420mg; Total Carbohydrate 38g (Dietary Fiber 3g; Sugars 20g); Protein 4g

**% Daily Value:** Vitamin A 60%; Vitamin C 2%; Calcium 6%; Iron 10%

**Exchanges:** 1 Starch, 1-1/2 Other Carbohydrate, 3-1/2 Fat



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