

Organic Pancake Mixes

Great River Organic Milling is committed to providing quality organic products because we believe they are vital to promoting the cycle of a healthy environment for all. Most of our products are stone-ground to produce a more flavorful and nutritional product. Certified Organic by QAI and Kosher approved, Great River Organic Milling has been providing stone-ground quality for over a quarter of a century.

Pancake Mixes

Made with organic flour, organic buttermilk powder (when used) and non-aluminum baking powder.

Buttermilk Pancake and Baking Mix

Made with whole wheat pastry flour, corn flour, buttermilk powder, wheat bran, baking powder and salt.

Buckwheat Buttermilk Pancake Mix

Buckwheat flour, whole-wheat pastry flour, buttermilk powder, baking powder and salt.

Corn 'n Oat Pancake Mix

Corn flour, oat flour, baking powder and salt.

Five Grain Pancake Mix

Spelt flour, millet flour, oat flour, barley flour, brown rice flour, baking powder and salt.



Great River
ORGANIC MILLING

Stone-ground, Organic
Flours and Mixes

Organic Pancake Mix



Great River
ORGANIC MILLING

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Buttermilk

Nutrition Facts

Serving Size ¼ cup dry (40 g)
Servings per container varies

Amount Per Serving		Calories from fat 15	
		% Daily Value*	
Total fat	1.5 g		2%
Saturated fat	.5 g		3%
Cholesterol	5 mg		2%
Sodium	330 g		14%
Total carbohydrate	26 g		9%
Dietary fiber	3 g		12%
Sugars	4 g		
Protein	6 g		

Vitamin A 0% • Vitamin C 0%
Calcium 20% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Five Grain

Nutrition Facts

Serving Size ¼ cup dry (39 g)
Servings per container varies

Amount Per Serving		Calories from fat 10	
		% Daily Value*	
Total fat	1 g		2%
Saturated fat	0 g		0%
Cholesterol	0 mg		0%
Sodium	230 g		10%
Total carbohydrate	27 g		9%
Dietary fiber	4 g		15%
Sugars	0 g		
Protein	4 g		

Vitamin A 0% • Vitamin C 0%
Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Buckwheat Buttermilk

Nutrition Facts

Serving Size ¼ cup dry (40 g)
Servings per container varies

Amount Per Serving		Calories from fat 15	
		% Daily Value*	
Total fat	1.5 g		2%
Saturated fat	.5 g		3%
Cholesterol	5 mg		2%
Sodium	330 g		14%
Total carbohydrate	26 g		9%
Dietary fiber	3 g		12%
Sugars	4 g		
Protein	6 g		

Vitamin A 0% • Vitamin C 0%
Calcium 20% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Corn and Oat

Nutrition Facts

Serving Size ¼ cup dry (37 g)
Servings per container varies

Amount Per Serving		Calories from fat 10	
		% Daily Value*	
Total fat	1 g		1%
Saturated fat	0 g		0%
Cholesterol	0 mg		0%
Sodium	370 g		15%
Total carbohydrate	27 g		9%
Dietary fiber	2 g		6%
Sugars	0 g		
Protein	3 g		

Vitamin A 0% • Vitamin C 0%
Calcium 15% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total fat	Less than	65 g	85 g
Sat. fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g