



Multigrain Pancake Mix

Whole grains are a big part of today's healthy eating trend, but customers won't sacrifice taste. Our pancake mix is wonderfully delicious with 10 wholesome grains that are a good source of fiber and offer customers a tasty option for eating well.



Exceptional menus start with top-notch ingredients

Quality and consistency throughout its more than 150-year history reflect the Monarch® commitment to best-in-class flavor, safety and convenience. Monarch has delivered on this promise throughout the years and continues to do so every day.

Product Inspiration

Pancakes have long been a centerpiece of the great American breakfast... and we just made them even better. We partnered with the Whole Grains Council to create a fabulous, high-fiber pancake with flaxseed, wheat, rolled oats, barley flakes, rye flakes, crushed corn and sesame seeds plus three ancient grains—amaranth, quinoa and teff.

The result is a pancake that is soft and fluffy with a sweet, nutty flavor and hints of cinnamon and vanilla the entire family will enjoy. Our pancakes are a great tasting, healthy alternative to traditional breakfasts.

Ideal Use

A great addition to your menu:

- Breakfast
- Lunch
- Dinner
- Side dish
- Dessert

Features/Benefits

- Made with 10 wholesome, nutritious grains including the ancient grains amaranth, quinoa and teff
- Soft, sweet, nutty flavor with hints of cinnamon and vanilla the whole family will enjoy
- Each serving has 3 grams of fiber for diners who want a healthier menu option
- Easy to prepare—just add water
- Provides 10 grams of whole grains per serving

Recipe: Orange Scented Ancient Grain Pancakes

INGREDIENTS

- 2 c Monarch multigrain pancake mix
- 1/3 c fresh squeezed orange juice
- 1/3 c water
- 1 T vegetable oil

PREPARATION

Mix all ingredients together. Let rest 10 minutes. Cook pancakes until golden brown on either side. Serve with a pat of Glenview Farms® Butter. Drizzle with Rykoff Sexton™ Pure Vermont Maple Syrup.

A-Code	Product Description	Pack Size
2756732	Multigrain Pancake Mix	6/5 lb.



For more information about Monarch® products, visit www.usfoods.com or contact your local US Foods representative. 09-2012