



POPOP'S PANCAKES

"I travel not to go anywhere, but to go. I travel for travel's sake. The great affair is to move"

- Robert Louis Stevenson

NET WEIGHT: 10 OUNCES (284 GRAMS)

PACKED BY FIRESIDE PROVISIONS, SOUTH SAN FRANCISCO CA 94080

DEVELOPED BY BIRCHBENDERS



FILL HERE

TO PREPARE:

Shake dry contents to loosen; remove lid and fill with water to top of label; replace lid, turn upside down and shake! Add water if needed; Don't sweat the smaller clumps; Cook pancakes on a hot griddle

Wheat Flour (Organic Wheat Flour, Non-GMO Wheat Flour), Organic Evaporated Cane Juice, Eggs, Aluminum-Free Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate, Non-GMO Corn Starch), Salt, Natural Flavor.

IMPORTANT ALLERGY ALERT:

Contains Wheat, Eggs, Milk. Manufactured in a facility that also processes soy, peanuts, and tree nuts.

NUTRITION FACTS

SERV. SIZE: 2 PANCAKES (35G)
MAKES ABOUT TWO 4" PANCAKES

SERV. PER PACKAGE:
ABOUT 4 SERVINGS

CALORIES: 120

FAT CALORIES: 5

AMOUNT/SERVING	%DV*	AMOUNT/SERVING	%DV*
TOTAL FAT	1g 1%	TOTAL CARBS	25g 8%
Sat. Fat	0g 0%	Dietary Fiber	<1g 2%
Trans Fat	0g 0%	Sugars	6g
CHOLESTEROL	20mg 7%	SODIUM	430mg 18%
PROTEIN	4g	*Percent Daily Values (DV) based on a 2,000 calorie diet	
Vitamin A	0%	Vitamin C	0%
		Calcium	10%
		Iron	2%

FEEL FREE TO WASH AND RE-USE THIS JAR; IF NOT, THEN PLEASE RECYCLE IT
1% OF SALES GO TO PRESERVE AND RESTORE OUR NATURAL ENVIRONMENT