

# Digital Cookbooks Available



# nourishing inspirations

Delicious, nutritionally-balanced recipes for Healthcare



Mega Mix



Cool Mint Crumble Bars



Melon Whimsy Parfait

Formulated using MyPlate guidelines

ABOUT

DESSERTS

MUFFINS & QUICKBREADS

PANCAKES & FRENCH TOAST

PARFAITS & SMOOTHIES

SHACK MIX

ORDER PRINT VERSION!



## ICON KEY

LS

Low Sodium

≤140mg/serving

LF

Low Fat

≤3g fat and ≤30% calories from fat/serving

HH

Heart Healthy

Moderate calorie

≤5g total fat

0g trans fat

≤1g saturated fat

≤20mg cholesterol

≤140mg sodium

GF

Gluten Free

≤100

100 Calories or Less

≤200

200 Calories or Less

≤300

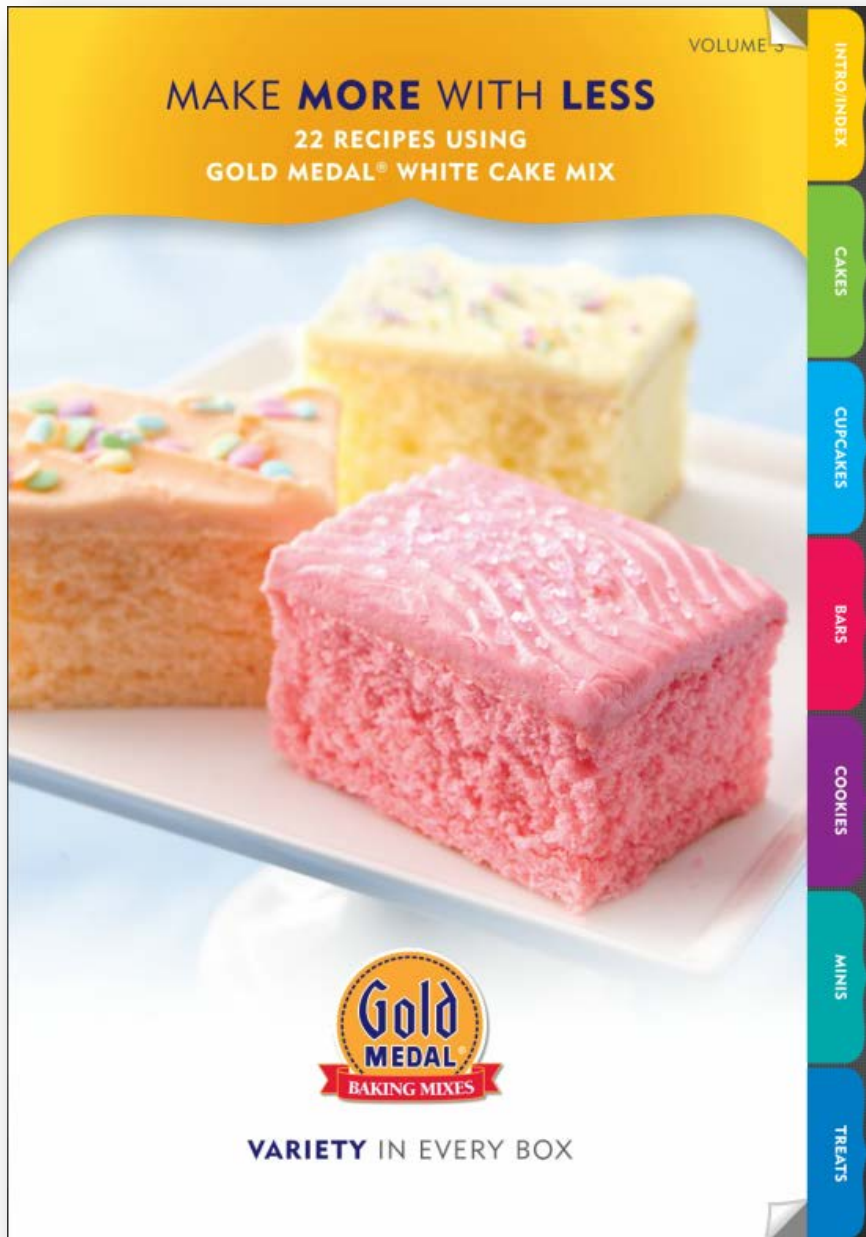
300 Calories or Less

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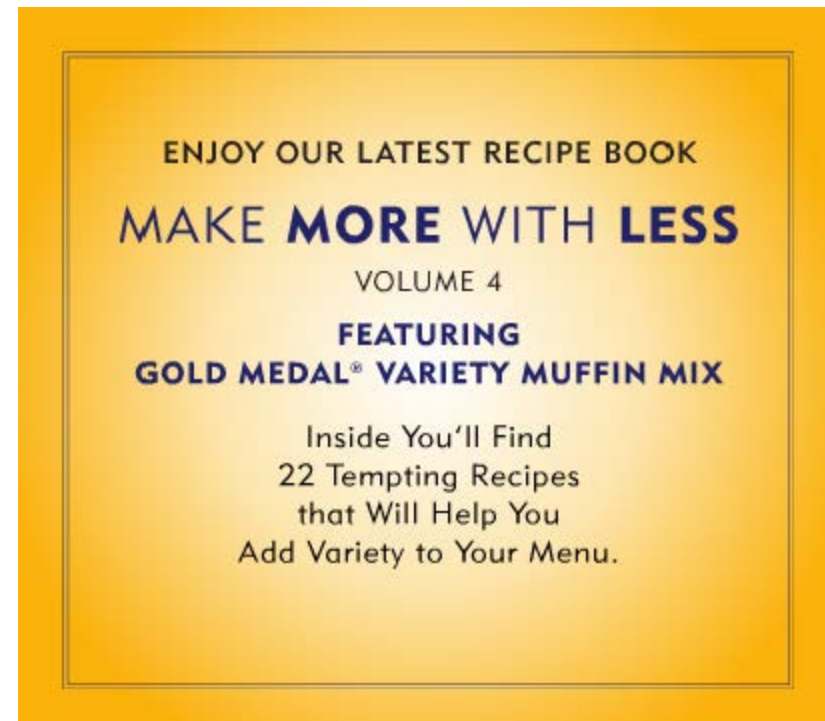
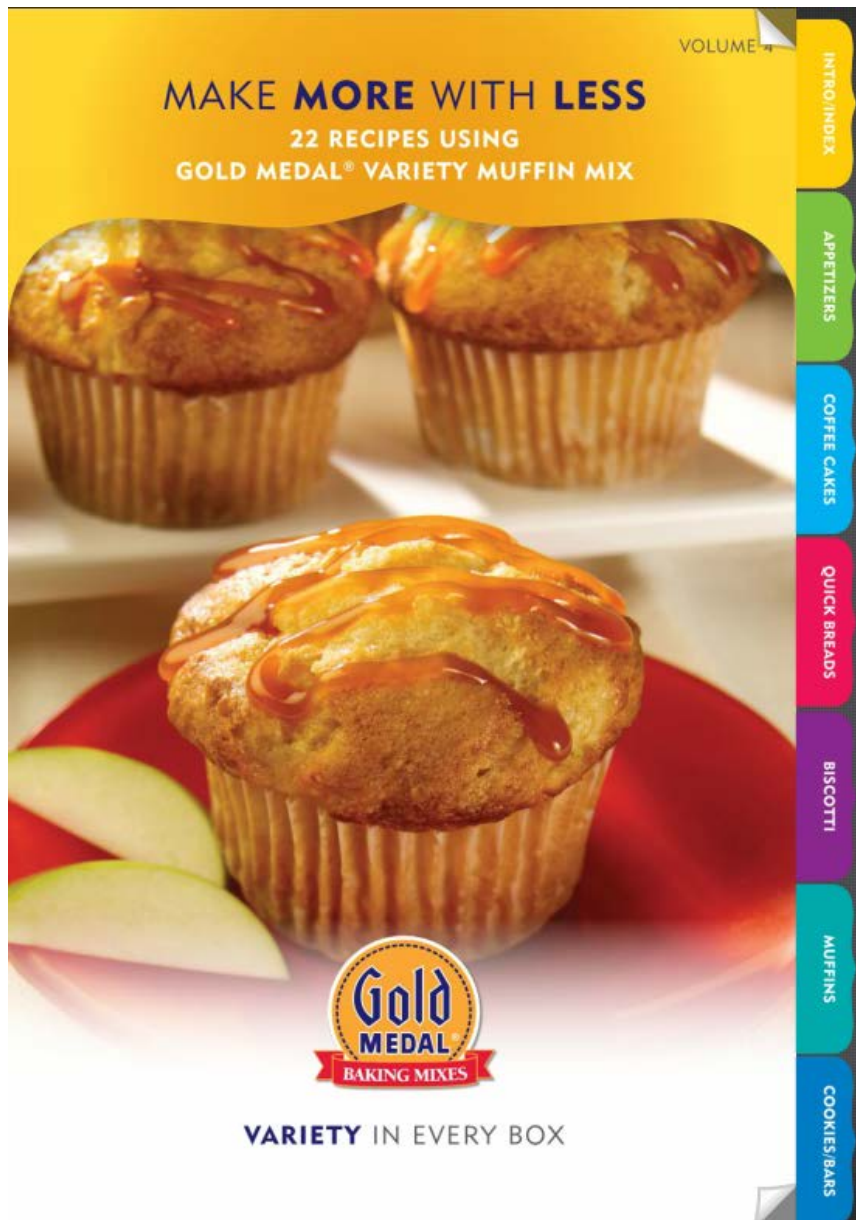


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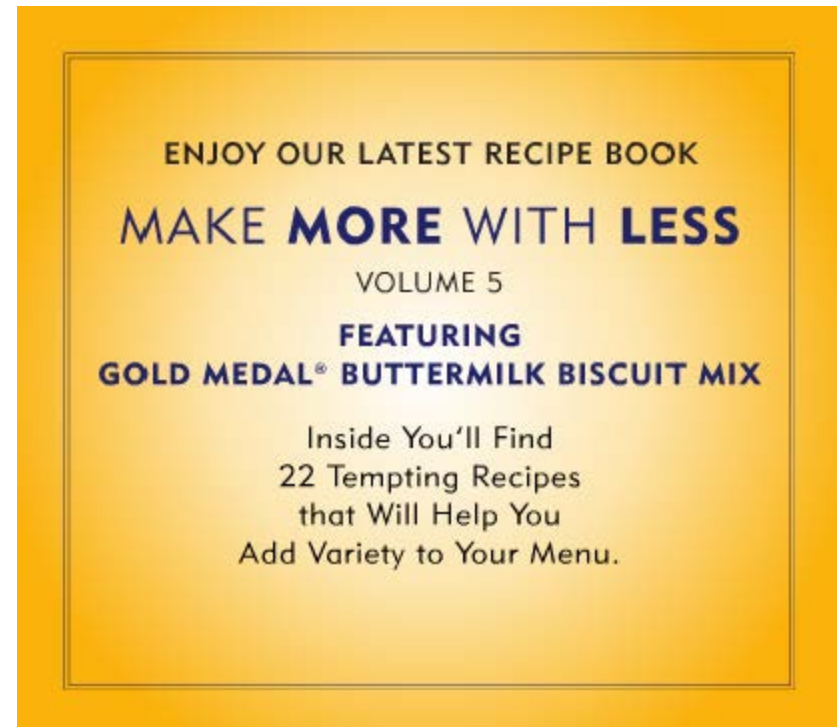


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VOLUME 6

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

INTRO/INDEX

BREAKFAST/BRUNCH - SWEET

BREAKFAST/BRUNCH - SAVORY

DESSERT



VARIETY IN EVERY BOX

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VOLUME 6  
FEATURING  
**GOLD MEDAL® COMPLETE PANCAKE MIXES**

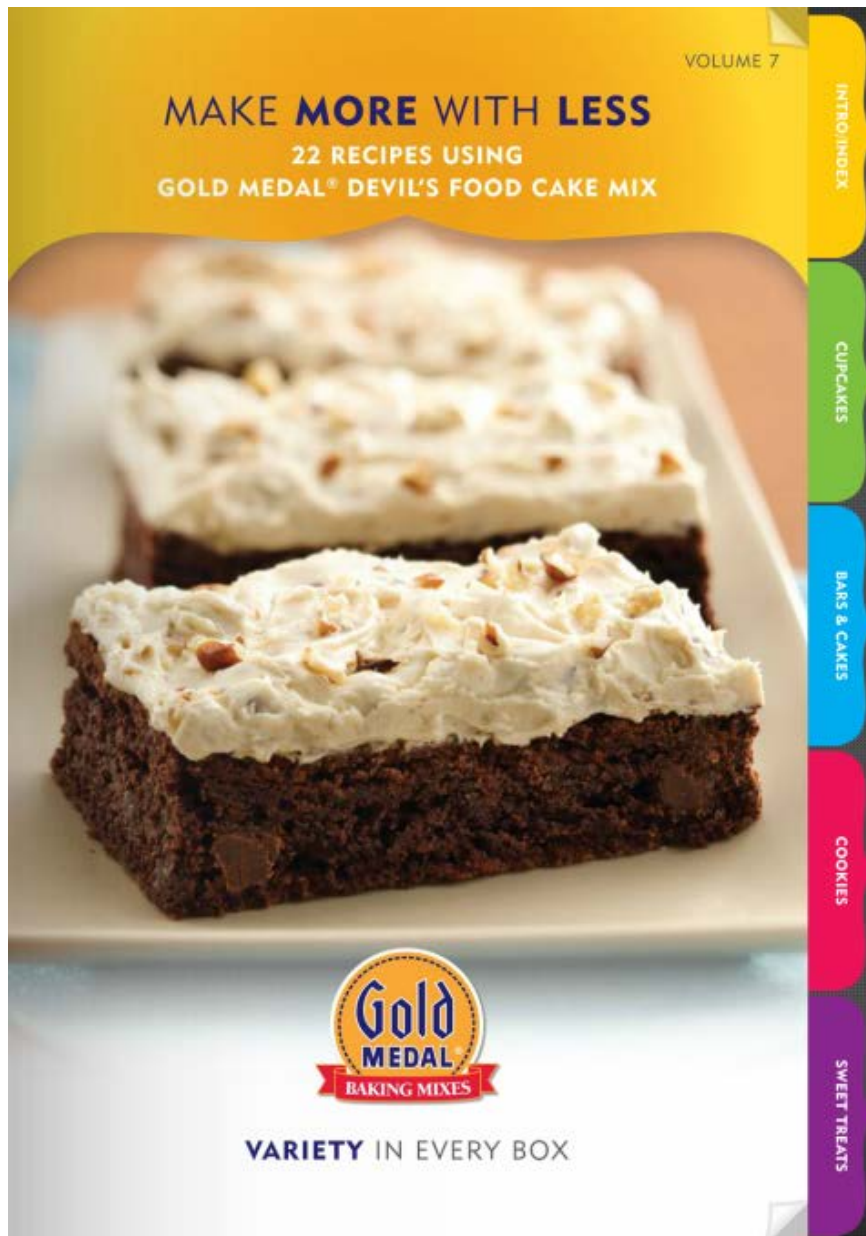
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22 Tempting Recipes  
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Add Variety to Your Menu.

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