

Digital Cookbooks Available



nourishing inspirations

Delicious, nutritionally-balanced recipes for Healthcare



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- DESSERTS
- MUFFINS & QUICKBREADS
- PANCAKES & FRENCH TOAST
- PARFAITS & SMOOTHIES
- SHACK MIX
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ICON KEY

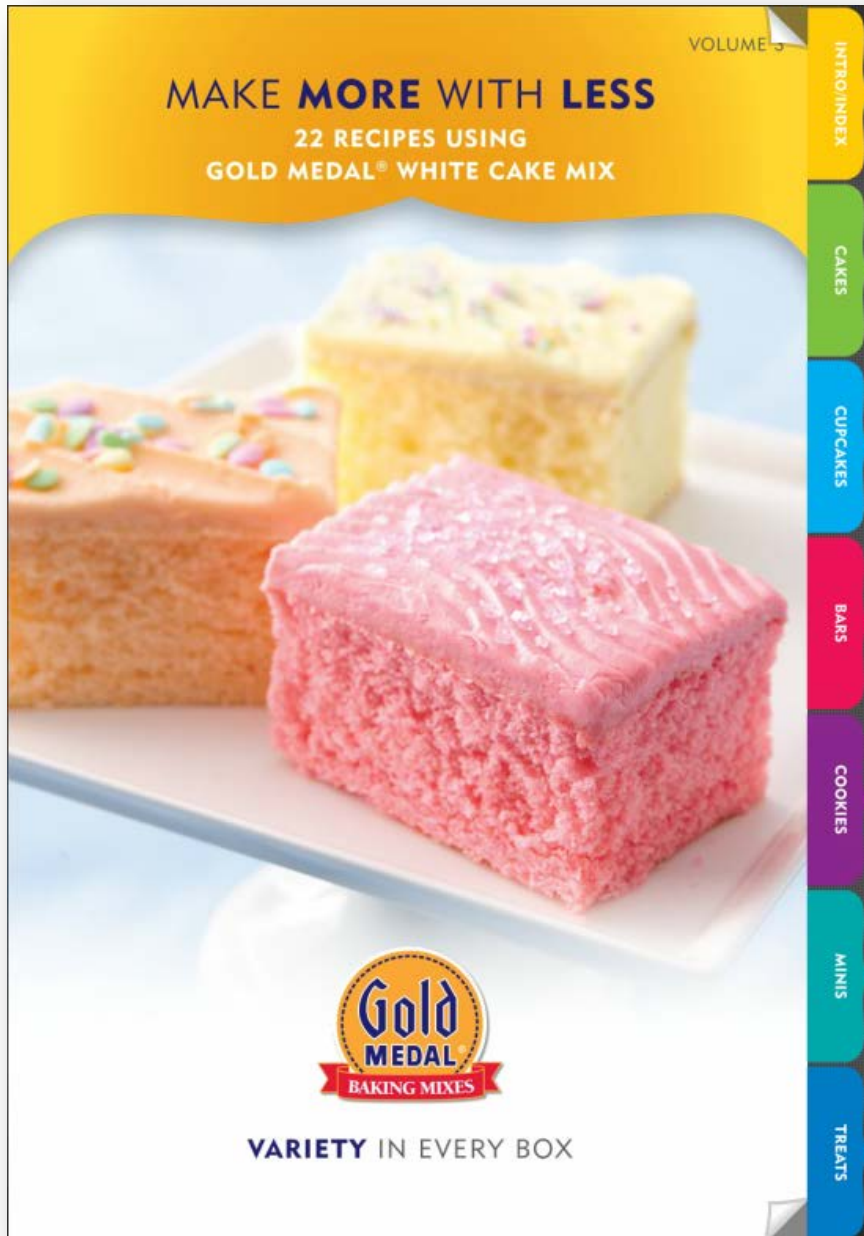
- LS** Low Sodium
≤140mg/serving
- LF** Low Fat
≤3g fat and ≤30% calories from fat/serving
- HH** Heart Healthy
Moderate calorie
≤5g total fat
0g trans fat
≤1g saturated fat
≤20mg cholesterol
≤140mg sodium
- GF** Gluten Free
- ≤100** 100 Calories or Less
- ≤200** 200 Calories or Less
- ≤300** 300 Calories or Less

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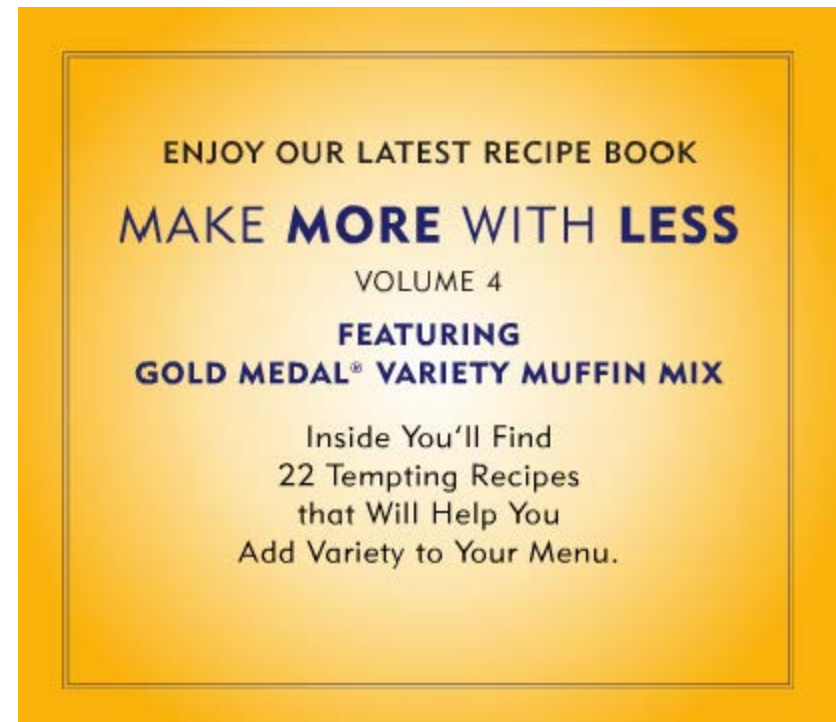
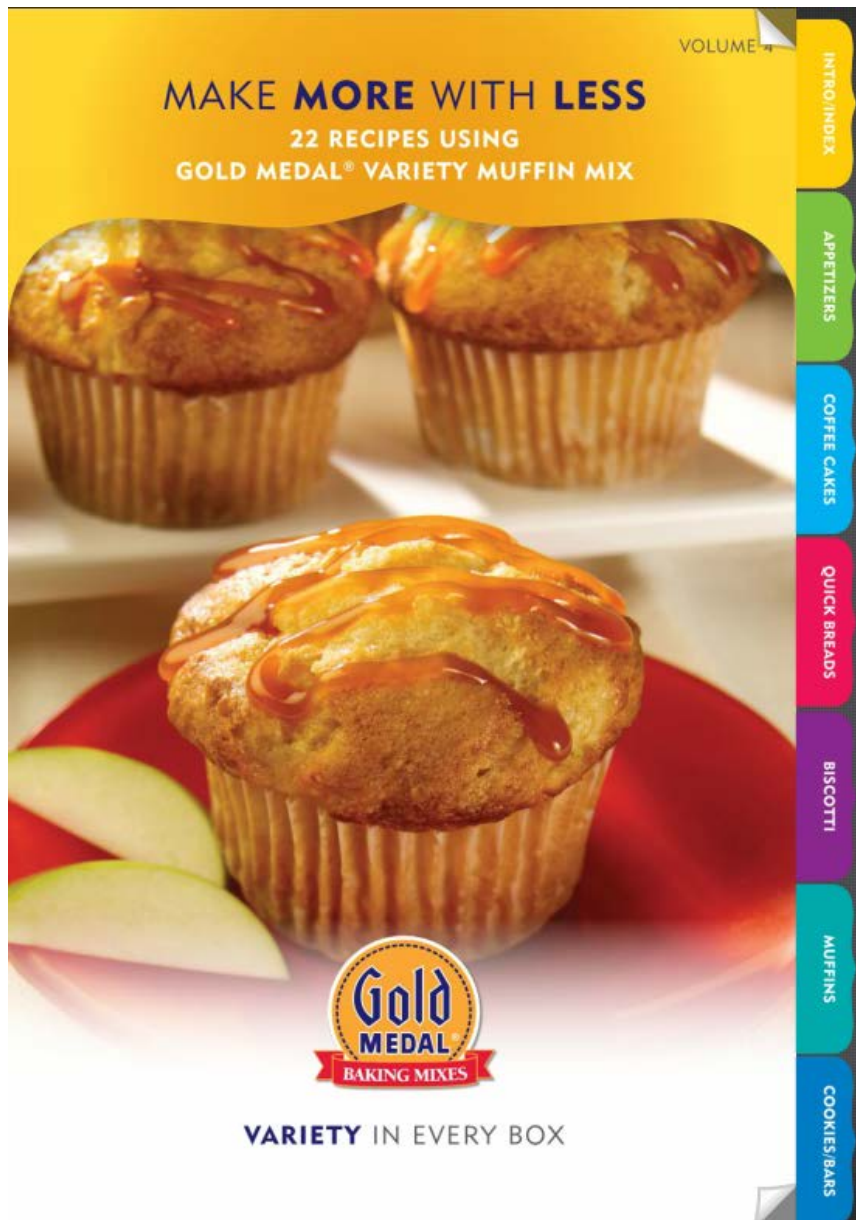


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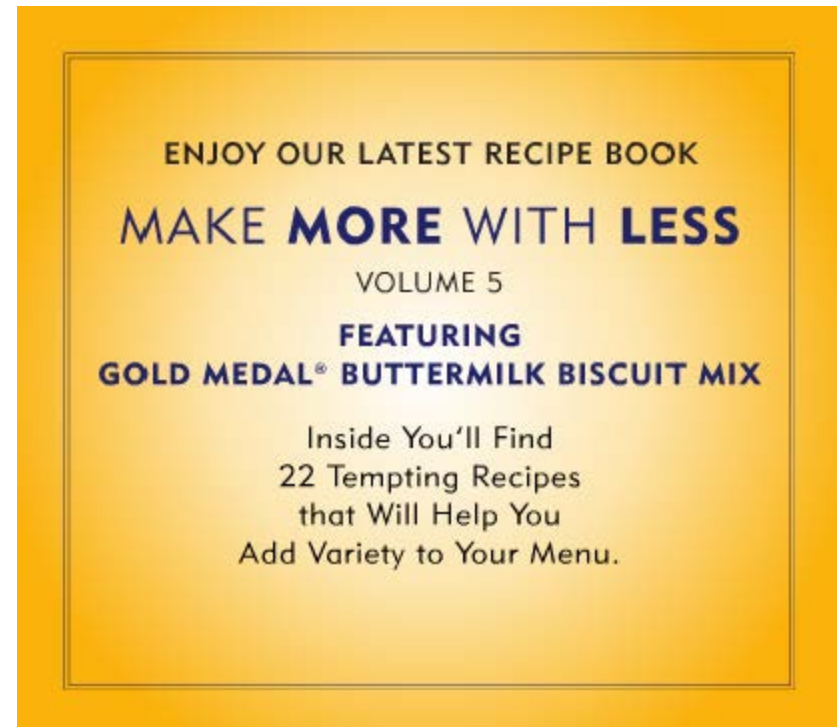


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VOLUME 6

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

INTRO/INDEX

BREAKFAST/BRUNCH - SWEET

BREAKFAST/BRUNCH - SAVORY

DESSERT



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FEATURING
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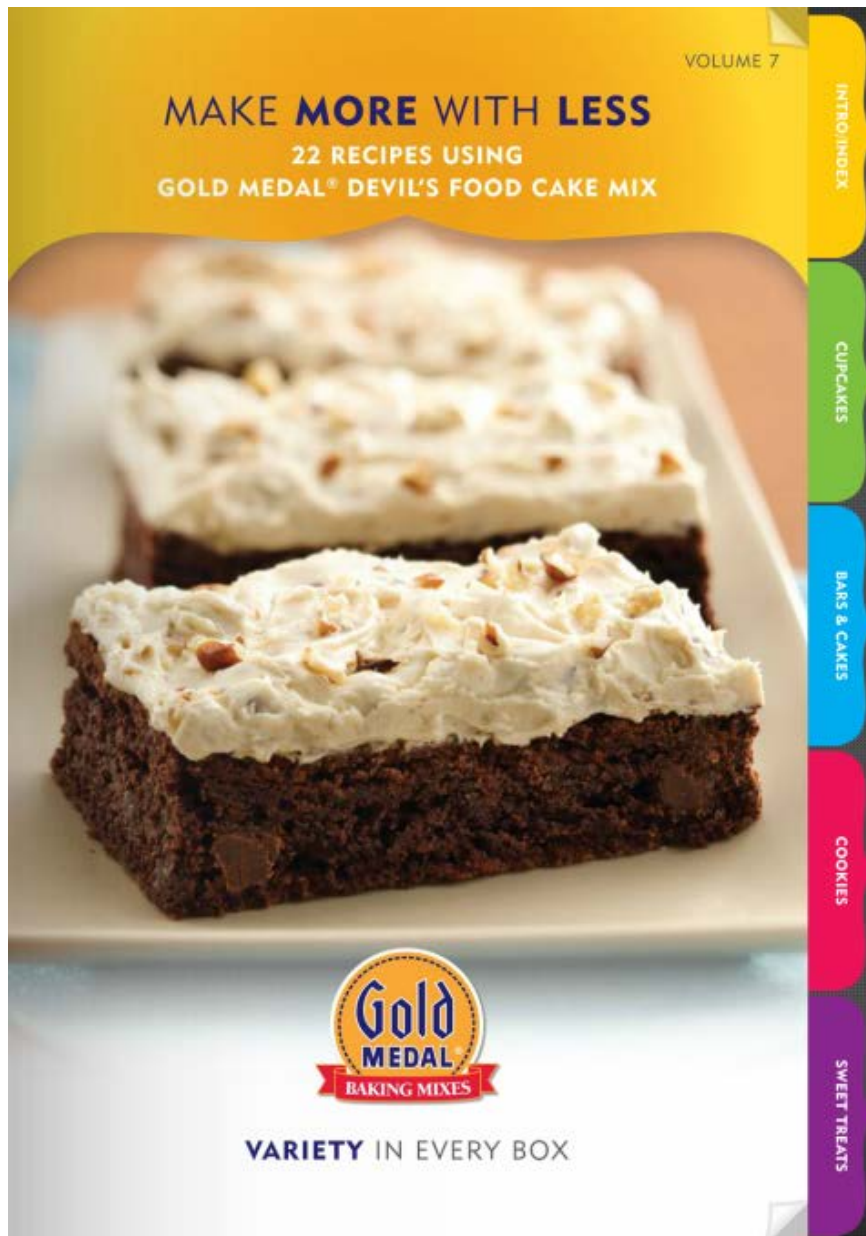
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Add Variety to Your Menu.

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