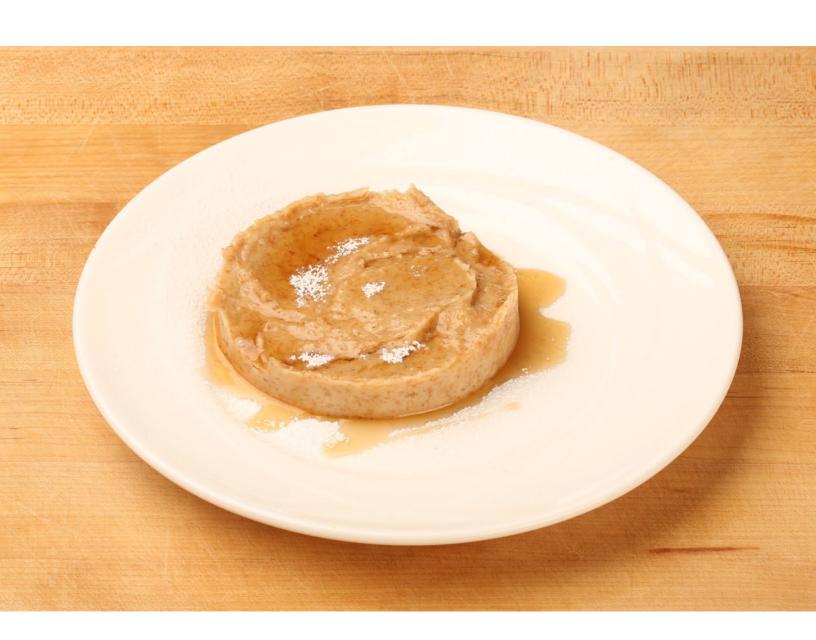


## Pancakes & Syrup











## Pancakes & Syrup

| Recipe Items:  | 1 Portion         | 5 Portions  |
|--|-------------------|---|
| PE Original Bread Pudding (PE#21761)                           | #10 scoop (95 gm) | 475 gm (16.75 oz)   |
| Butter (or margarine) - soft                                   | 5 mL (1 tsp)      | 25 mL (1 Fl oz)   |
| Table Syrup  | 15 mL (1 Tbsp)    | 75 mL (2.5 Fl oz)   |
| Nutritional analysis presented contains only these ingredients |                   | 1 cm chub slice = approx. 40gm,<br>1" chub slice- approx. 100gm |



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.

Cold Service - Keep Puree Essentials food cold prior to service, below 4°C or 40°F.



2. Combine a hot/warm #10 Scoop (95 gm) of PE Original Bread Pudding with 1 tsp (5 ml) of soft butter (or margarine).

## Nutrition Facts Valeur nutritive

Per 1 each (113g) / par 1 each (113g)

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|-------------------------------|----------|--|
| Amount % Dai                  | ly Value |  |
| Teneur % valeur quo           | tidienne |  |
| Calories / Calories 200       |          |  |
| Fat / Lipides 10g             | 15%      |  |
| Saturated / satures 3.5g      |          |  |
| + Trans / trans 0g            | 17%      |  |
| Cholesterol / Cholesterol 5mg |          |  |
| Sodium / Sodium 300mg         | 12%      |  |
| Carbohydrate / Glucides 29g   | 10%      |  |
| Fibre / Fibres 4g             | 16%      |  |
| Sugars / Sucres 11g           |          |  |
| Protein / Proteines 3g        |          |  |
| Vitamin A / Vitamine A        | 0%       |  |
| Vitamin C / Vitamine C        | 0%       |  |
| Calcium / Calcium             | 4%       |  |
| Iron / Fer                    | 8%       |  |



3. Finish the dish by pouring 1 Tbsp (15 ml) of table syrup over the top of the Whole Wheat Bread mix.

Variations: serve with softened butter or clear fruit jelly on the side. Powdered sugar could be sprinkled over the top of the pancake for a final touch. Variations to ingredients are not included in nutritional analysis.

Serve hot or cold.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F. Cold Service - If serving cold; keep Puree Essentials food temperatures below 4°C or 40°F.

