

Substitute 1-to-1 for all-purpose flour

See tips on back



100% EMPLOYEE-OWNED

NEW!



GRAIN-FREE
**PALEO BAKING
FLOUR**

4g of Protein
4g of Fiber PER SERVING

CONTAINS 8g OF TOTAL FAT PER SERVING. SEE NUTRITION INFORMATION FOR FAT CONTENT.

NET WT 16 OZ (1LB) 454g



RECYCLABLE

Perfect for muffins, cookies, cakes, pancakes, and pizza.

PALEO PANCAKES

1 cup (3 $\frac{2}{3}$ ounces, 104 grams) King Arthur Paleo Baking Flour
 $\frac{1}{2}$ teaspoon cream of tartar
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{8}$ teaspoon salt
2 large eggs
 $\frac{1}{2}$ cup (4 ounces, 113 grams) water or milk
1 tablespoon ($\frac{1}{2}$ ounce, 14 grams) melted coconut oil
1 tablespoon ($\frac{1}{4}$ ounce, 21 grams) raw honey (optional)

DIRECTIONS

Preheat a griddle to 325°F. Prepare the surface according to the manufacturer's instructions.

Whisk together the flour, cream of tartar, baking soda, and salt. Separately, whisk together the eggs, water, oil, and honey (if using). Add the flour mixture to the wet ingredients and whisk gently to combine.

Scoop batter by the $\frac{1}{4}$ cup onto the griddle and gently spread to a 4" circle. Griddle for about 2 minutes per side and serve warm.

Yield: eight 4" pancakes ($\frac{1}{4}$ cup of batter each).



Find More Paleo Recipes at KingArthurFlour.com/Paleo

HOW TO BAKE WITH IT

- Not recommended for yeasted bread recipes.
- Ideal for muffins, cookies, crackers, pie crusts, and other non-yeasted recipes.
- To substitute for gluten-free all-purpose flour, use 1 $\frac{1}{2}$ times the amount by volume and omit any xanthum gum called for in the recipe.
- To substitute for conventional all-purpose flour use the same amount by volume.



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Nutrition Facts

15 servings per container

Serving size 1/4 cup (30g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	1%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.8mg	10%
Potassium 190mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Blanched Almonds, Cassava Flour, Organic Coconut Flour.

CONTAINS: Almonds, Coconut.

DISTRIBUTED BY

THE KING ARTHUR FLOUR COMPANY, INC.
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800 827 6836 | KingArthurFlour.com

Produced on equipment that also processes pecans.
Made in a peanut-free facility.

DO NOT EAT RAW MIX, DOUGH, OR BATTER.

STORE AIRTIGHT IN REFRIGERATOR.



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