



# Classic Aebleskiver Mix



Now make your own puff pancakes with this aebleskiver mix! Fill them with jam or applesauce. Load them with whipped cream or dust them with powdered sugar. This makes nice soft, moist, egg-rich aebleskiver! *Eggs, milk, and butter are not included.*

**Net wt: 2 lbs/.89 kg**



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**Directions:** Separate two large eggs. Mix 1 1/4 cups mix with 3/4 cup milk, 2 tablespoons melted butter and the egg yolks. Beat the egg whites to soft peaks and fold them into the batter. Heat the aebleskiver pan to medium low. Place 1/4 teaspoon butter in each well. Heat until the butter bubbles. Place 1 tablespoon batter in each well. Place 1/2 teaspoon jam, or other filling in the center of each Aebleskiver; top with 1 tablespoon batter or until just below the edge of the well. Cook until the bottoms are golden brown, about 3-4 minutes; turn over with skewers or toothpicks; cook again until golden brown, about 3 more minutes. Transfer to plates. Cook the remaining batter. Serve with powdered sugar, syrup, or whipped cream.

**Options:** Do not fill with any filling while cooking, add pudding or other filling after cooking process with decorating set with a tip. You may also eat plain without filling.

**Ingredients:** Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, and folic acid), sugar, buttermilk (dry cultured skim milk), baking powder, natural and artificial flavors, and salt. **This mix contains wheat and dairy products and may contain traces of soy, eggs, tree nuts, or peanuts.**

### Nutritional Information

Serving size: 20g		
No. of servings/mix: about 45		
Amount per serving	Daily value %	
Total calories	61	
Calories from fat	1	
Total fat	less than 1 g	0%
Saturated fat	less than 1 g	0%
Trans fat	0 g	
Cholesterol	less than 1 mg	0%
Sodium	27 mg	2%
Total carbohydrates	13 g	5%
Dietary fiber	less than 1 g	2%
Sugars	1 g	
Protein	2 g	3%
Vitamin A 0%, Vitamin C 0%, Cal 1%, Iron 5%, Thiamin 8%, Riboflavin 5%, and Niacin 5%		
*Amount in mix. With added butter and egg: 85 cal., 24 cal. from fat, 3 g fat (2 g sat fat), 7 mg cholesterol and 51 mg sodium.		

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories	2,000	2,500
Total Fat	Less than: 65 g	80 g
Sat fat	Less than: 20 g	25 g
Sodium	Less than: 2,400 mg	2,400 mg
Total carbohydrates	300 g	375 g
Dietary fiber	25 g	30 g
Calories per gram: Fat 9, Carbohydrates 4, Protein 4		

Produced by  
**The Prepared Pantry**  
www.preparedpantry.com  
Rigby, ID 83442



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