

SWEETSTACKS®.com

Find Fabulous Recipes Online Featuring Our Famous Blueberry Puffy Pancakes And Savory Crepes.

SweetStacks is a secret Pacific Islander family recipe passed down through generations in the Camacho Family in Agana Heights, GUAM. It is part of our close-knit family's tradition of eating and cherishing time together. We hope you'll make SweetStacks a family tradition, too.

	HALF BATCH	FULL BATCH
Pancake Mix	1 cup	2 cups
Milk*	2/3 cup	1 - 1/3 cup
Eggs	1	2
Vegetable Oil	3 Tablespoons	6 Tablespoons

* For best results use whole milk.

PANCAKES:

1. Combine mix, milk, eggs and vegetable oil in a large bowl. Whip together with whisk until batter is smooth.
2. Heat griddle over medium-high heat. Grease griddle with vegetable oil or spray with nonstick cooking spray.
3. Use 1/4 cup of batter for each pancake.
4. Cook until bubbles form on top then flip and cook until golden brown.

A full batch yields approximately 16 pancakes, 4" diameter.

CREPES: Add 1/3 cup more milk for each half batch.

WAFFLES:

1. Combine 2-1/2 cups mix, 1-1/3 cups milk, 2 eggs, and 6 Tablespoons of vegetable oil in a large bowl and whip together with whisk until batter is smooth.
2. Use 1/4 cup of batter for each waffle.
3. Pour batter onto center of hot waffle iron.
4. Bake about 5 minutes or until steaming stops.

A Full Batch yields approximately 6-8 waffles.

MAKE NOW...ENJOY ANYTIME:

Freeze in airtight bags, separate with wax paper, or refrigerate in airtight bags. Reheat in toaster or oven until crisp.



INGREDIENTS: BLEACHED, ENRICHED FLOUR (WHEAT, FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SALT, LEAVENING (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE), AND NATURAL FLAVORS.

CONTAINS MILK, WHEAT.

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Nutrition Facts

Serving Size 1/5 cup (40g)

Servings Per Container 11

Amount Per Serving

Calories 140 Calories from Fat 0

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 33g **11%**

Dietary Fiber 1g **4%**

Sugars 14g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

*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 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrates 9 • Protein 4



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