



# Cooking and Baking

with Valley Kitchen

Gluten Free **Pancake & Cookie Mix**

## Information and RECIPES



For recipes and recipe revisions go to  
[www.flaxflour.com/recpies](http://www.flaxflour.com/recpies)



Enjoy the Goodness: Easy Healthy Everyday

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## NEW RECIPES AND PRODUCTS

New recipes and products are always being developed in Valley Kitchen.

Come by for a visit when you are in the Middleton, Nova Scotia area, meet our staff and see what's cooking.

Check out our website for updated versions of this booklet.

Do you like custom formulations that meet your personal or family's needs?

Tell us what you need.

Do you have favourite recipes you would like revised to be more nutritious or gluten free?

Let us know. We can help.

Do you like Outstanding Rewards?

Check out the back cover of this booklet for our Outstanding Rewards when our simply nutritious, easy to use products are **shipped directly to you** and your friends.

## VALLEY KITCHEN INGREDIENTS

### Whole Seeds and Grains

At Valley Flaxflour, we mill whole seeds and grains. They are not treated to stabilize them. They have not been processed to remove fat, protein or fibre.

Our whole seeds and grains are freshly milled and sifted. They have not been stabilized by the removal of fat or protein. Because our products are fresh and contain all of their original fat, protein, and fibre, they should be purchased in a quantity you will use within a few months. Store away from direct heat. Use all of our products within 6 weeks of opening or refrigerate them.

### Gluten free

Our products, and our facility, are gluten free.

We source and mill gluten free flax, oats, buckwheat and corn. This selection of whole grains and seeds provides a variety of soluble and non-soluble fibre, proteins, antioxidants and omega-3 fat which help you prepare nutritious, gluten free foods.

Fresh from our mill directly to you. These ingredients are available individually or as custom blends and mixes. This selection changes as we develop new products. Visit our facility at 188 Marshall Street in Middleton, Nova Scotia or go to [flaxflour.com](http://flaxflour.com) for current selection.

## Non-GMO

Our customers have identified genetic modification of food products as one of their major concerns. Therefore, the flax, oats, corn and buckwheat we purchase have not been genetically modified. When there is any possible doubt, we purchase GMO-free.

## Certified GMO-free

Purchasing GMO-free corn and buckwheat guarantees they are non-GMO. Our production facility is certified GMO-free for corn and buckwheat flour. These are available to you as certified GMO-free ingredients.

## Flax seeds

Flax seeds, and flax seed stalks, have been used for food as well as the production of linseed oil and linen for thousands of years.

As a source of fibre, protein, anti-oxidants and omega-3 fat, flax seeds are a nutritious ingredient in any diet.

Brown and golden flax seeds are nutritionally equivalent. They have been selected to satisfy different needs.

The reddish brown seeds are very popular for flaxseed oil production and add a beautiful color and texture to many of the breads and bars available.

The yellowish golden seeds blend very well into a variety of lighter colored foods, providing added nutritional impact without darkening the product.

## Flax flour

Flax flour is simply whole flax seeds milled and sifted. Other products, such as cracked flax, flaxseed meal, and milled or ground flax, may contain whole seeds or pieces of husk, making them unsuitable for people with digestive problems. If you have any concerns or questions about our products, please contact our corporate dietitian for a consult: [customerservice@flaxflour.com](mailto:customerservice@flaxflour.com) or phone 1-866-825-8256 (Canada toll free)

## GMO-free Gluten free oats

Gluten free oats are a source of fibre which helps to lower cholesterol. The oats we offer are carefully managed from planting through processing to ensure that they exceed the international standards for gluten free products. They are tested and certified gluten free.

Nutritious, hearty oats help fill you up and keep you feeling full. Oats provide alternative protein and anti-oxidants to your diet.

## GMO-free Buckwheat

Buckwheat is a common and popular seed related to the rhubarb family. Its unfortunate name leads many people to think that it contains wheat. Not true.

Buckwheat is an exceptional source of fibre and is very useful in gluten free bakery. It can be used as a replacement for rice flour, improving both the nutritional impact and texture.



Buckwheat is also a great choice as an all-purpose flour for dusting work surfaces when preparing pies and other pastries.

### **GMO-free Corn**

Corn is more than a filler. We mill the whole corn kernel to ensure that you receive the full value of the corn oil, fibre and protein. Our corn has not been treated with lye.

We mill corn to a medium textured flour, not as coarse as corn meal. Corn flour can be used in bread, pancakes, and cookies.

### **Valley Kitchen natural alternative to wheat flour**

Flax, oats, buckwheat and corn are the core ingredients in most Valley Kitchen Mixes. This combination has been selected to provide our gluten free choices a nutritional impact. They have also been tested to help ensure cooking and baking success without the use of additional gums and simple starches.

The soluble fibre in flax, oats and buckwheat contribute the structure which helps to replace gluten in wheat based products.

Valley Kitchen's "Natural Alternative" all-purpose flour blend combines freshly milled flax seeds, GMO-free buckwheat, gluten free oats, and GMO-free corn.

All ingredients are non-GMO, produced in Canada and processed in the Valley Flaxflour allergen free, HACCP controlled facility located in Middleton, Nova Scotia.

No gums or starches are needed. Follow simple instructions using common ingredients to make an amazing variety of delicious foods everyone will enjoy.

### **Our Guarantee**

We want your experience with Valley Kitchen ingredients and mixes to be successful and enjoyable for you, your family and friends. If you have problems, issues, concerns and comments, please contact us [customerservice@flaxflour.com](mailto:customerservice@flaxflour.com) or phone 1-866-825-8256 (Toll free Canada).

## NOTES AND TIPS

How much flax flour should I use?

Most people find it convenient and beneficial to use about 2 tablespoons of flax flour every day. This amount provides approximately 6 grams of flax oil, 3 grams as omega-3 fatty acids and over 4 grams of fibre. To receive the cholesterol lowering benefits from the fibre, Health Canada recommends that you use up to 5 tablespoons each day.

How do I use flax flour?

Flax flour, ground or milled flax seed, is the most effective way to incorporate flax into your diet. Milled flax can be produced in small quantities using a blender or domestic coffee grinder.

Flax flour can be added to many baked goods. When adding flax flour, always increase the amount of liquid by an amount equal to the volume of flax flour you have added. Flax flour improves loaf volume, oven spring, and keeping qualities. It also enhances the flavour, appearance, and nutritive value of foods.

Flax flour can be added to many food products in small amounts without substitution. Blend a tablespoon or two of flax flour into your biscuits, dough boys, muffins, casseroles, crisps, cakes, cookies, or pancakes.

Many of the people who use flax flour have their own ways of including it in their diet every day. This adds omega-3 fat, protein and fibre to their meal or snack. Here are a few of their suggestions.

Breakfast Drinks:      Mix 1 – 2 Tbsp of flax flour into your morning juice.

Toast:                      Mix 1 – 2 tsp of flax flour with the jam, jelly or honey you spread on your toast.

Dry Cereal:                Mix 2 – 3 Tbsp of flax flour to your morning cereal.

Muffins:                    Add flax flour to your muffin mixes.

Meatloaf:                 Use flax flour as a nutritious binder in your meatloaf and hamburger patties.

“Breading” for Fish or chicken:

Mix your favourite seasonings with flax flour to make a breading for meat or fish.

## RECIPES

### Pancakes

Yield: 2, 5 inch (13 cm) pancakes

	spray oil for the pan or griddle		
125 ml	<b>Valley Kitchen Pancake &amp; Cookie Mix</b>	1/2	cup
1	large egg	1	
80 ml	milk	1/3	cup

1. Measure dry pancake mix into a small bowl.
2. Add the egg and milk.
3. Stir to blend.
4. Pour batter into one medium or two small, lightly oiled, hot frying pans or ladle in two scoops onto a lightly oiled, hot griddle.

Turn when the edges of the pancakes appear to be set and bubbles are starting to show on the top.

Served with fruit, yogurt and syrup, these pancakes make a great start to the day.

### Waffles

Yield: 2 servings (2 waffles per serving)

	spray oil for waffle iron		
180 ml	<b>Valley Kitchen Pancake &amp; Cookie Mix</b>	3/4	cup
1	large egg	1	
160 ml	milk, 1 % or orange juice	2/3	cup

1. Spray the waffle iron with oil and heat.
2. Measure Valley Kitchen Pancake & Cookie Mix, egg and milk into a bowl. Mix to blend.
3. Scoop half of the batter, 2/3 cup, onto the waffle iron. Cook until done.
4. Repeat with the remaining batter.

The batter should spread slowly over the waffle iron.

If the batter is too thin, the waffle will not rise well. Add extra mix to thicken or extra milk to thin the batter, as required to produce the best result.

If you like a really crispy waffle, leave it on the waffle iron a couple extra minutes or dry in a toaster.

These are great to make ahead and reheat in a toaster.

## Cookies with Dried Fruit & Seeds

Yield: 12 cookies

500 ml	<b>Valley Kitchen Pancake &amp; Cookie Mix</b>	2	cups
125 ml	brown sugar	1/2	cup
80 ml	dried cranberries, blueberries or raisins	1/3	cup
60 ml	dry roasted sunflower seeds	1/4	cup
1	egg, large	1	
180 ml	orange juice or milk	2/3	cup
15 ml	orange zest	1	Tbsp
	spray oil		

1. Preheat the oven to 350°F.
2. Lightly spray 1 baking sheet with oil.
3. In a large bowl, measure and mix the Valley Kitchen Pancake & Cookie Mix, brown sugar, dried fruit of your choice, and sunflower seeds.
4. Add the egg, orange juice and orange zest. Stir until all of the ingredients are moist.
5. Scoop 3 Tbsp of the dough onto the baking sheet. Flatten with a fork. Repeat with the remaining dough.
6. Bake for 13 to 15 minutes.
7. Cool for a couple minutes before removing to a rack to cool completely.

These cookies are so quick and easy to make, kids will be able to make their own snack in minutes. Thank you, Maragret, Sobey's RD, for your suggested modifications.



## Double Chocolate Chip Cookies

Yield: 18 cookies

30 ml	butter, room temperature	2	Tbsp	
125 ml	brown sugar	1/2	cup	
1	egg, large	1		
5 ml	vanilla	1	tsp	
125 ml	water, very warm	1/2	cup	
25 g	sifted cocoa	1/4	cup	
375 ml	<b>Valley Kitchen Pancake &amp; Cookie Mix</b>	1 1/2	cups	
125 ml	chocolate chips	1/2	cup	

**Per cookie:** 120 calories, 6 g fat, 3 g saturated fat, 15 mg cholesterol, 50 mg sodium, 16 g carbohydrate, 2 g fiber, 9 g sugar, 2 g protein

1. Preheat oven to 350°F.
2. Line 2 baking sheets with parchment paper.
3. Cream the butter and brown sugar.
4. Beat in the egg, and vanilla.
5. Mix the cocoa with the Valley Kitchen Pancake & Cookie Mix.
6. Beat the dry mixture into the creamed mixture alternately with the water. Beat for a couple minutes. Stir in the chocolate chips.
7. Scoop the dough, about 2 Tbsp each, (#40 scoop) onto the lined baking sheets.
8. Bake for 12 to 14 minutes.
9. Cool on the pan for several minutes and then move to a rack to cool completely.

## Oatmeal Flax Chocolate Chip Cookies

Yield: 30 cookies

125 ml	Non-hydrogenated margarine or butter, room temperature	1/2	cup
125 ml	brown sugar	1/2	cup
125 ml	white sugar	1/2	cup
1	egg, large	1	
2.5 ml	vanilla	1/2	tsp
2.5 ml	baking soda	1/2	tsp
500 ml	<b>Valley Kitchen Pancake &amp; Cookie Mix</b>	2	cups
125 ml	chocolate chips	1/2	cup

1. Preheat oven to 350°F.
2. Cream the butter and sugar.
3. Beat in the egg and vanilla.
4. Mix the baking soda with the Valley Kitchen Pancake & Cookie Mix and chocolate chips.
5. Using a stiff spatula, blend the dry mixture into the creamed mixture.
6. Scoop the dough, about 2 Tbsp each, (#40 scoop) onto non-stick ungreased baking sheets.
7. Bake for 13 minutes.
8. Cool on the pan for several minutes and then move to a rack to cool completely.



## Crispy Breaded Fish, Meat and Poultry

Yield: 2-4 servings

125 ml	<b>Valley Kitchen Pancake &amp; Cookie Mix</b>	1/2 cup
15 ml	your favorite seasoning	1 Tbsp
454 g	fish, meat or poultry	1 lb
15 ml	vegetable oil	1 Tbsp
15 ml	butter	1 Tbsp

1. Mix the Pancake & Cookie Mix and your favorite seasoning together.
2. Sprinkle evenly onto a flat plate.
3. Heat the butter and oil in a large pan.
4. Cut the fish, meat or poultry into serving size portions. Moisten with a light sauce, water, buttermilk or yogurt. Press the damp portions into the seasoned flour. Turn over to season both sides.
5. Fry in hot butter/oil for about 2 to 4 minutes on one side. Turn over to the other side and finish cooking.
6. Serve immediately.

If you like an even crispier finish, try this time-honored procedure:

Set up 3 shallow bowls or plates large enough to hold the fish, meat or poultry

In the first dish, place enough mix to dry coat the fish, meat or poultry.

In the second bowl, crack one egg and whisk with 1 Tbsp of milk or water.

In the third bowl, add your selected seasoning to enough pancake mix to coat the dredged product.

Step 1 Place the product in the breading mix and coat. Shake off excess flour.

Step 2 Dredge the dusted product in the egg mixture.

Step 3 Coat the wet product with the seasoned mix. Press the flour onto the product.

Step 4 Fry the seasoned fish, meat or poultry in hot butter/oil for about 2 to 4 minutes on one side. Turn over to the other side and finish cooking.

Serve immediately.

## Basic Muffins

Yield: 12 large muffins (24 to 30 mini muffins)

750 ml	<b>Valley Kitchen Pancake &amp; Cookie Mix</b>	3	cups
125 ml	white Sugar	½	cup
375 ml	milk, 1%	1 1/2	cups
2	large eggs	2	

1. Preheat oven to 350°F.
2. Lightly spray 12 non-stick muffin tins with oil.
3. Combine Valley Kitchen Pancake & Cookie Mix and sugar in a large bowl.
4. Mix in the milk and eggs until well combined.
5. Place mixture into the prepared muffin tins.
6. Bake for 23 to 25 minutes.
7. Remove to a rack to cool.

OPTIONS: Add ½ cup of chocolate or butterscotch chips, nuts or raisins.

This is a delicious and very easy way to turn your pancake mix into a coffee time treat.

## Cranberry Muffins

Yield: 12 large muffins

500 g	<b>Valley Kitchen Pancake &amp; Cookie Mix</b>	3 1/4	cups
185 ml	granulated sugar	¾	cup
250 ml	dehydrated cranberries	1	cup
500 ml	milk or orange juice	2	cups
2	large eggs	2	
	spray oil		

1. Preheat the oven to 350°F.
2. Measure the Valley Kitchen Pancake & Cookie Mix, sugar and cranberries into a bowl. Make a well in the center.
3. Add the milk and eggs. Stir with a fork to break the eggs and blend the flour into the liquid.
4. Spray the non-stick muffin tins with oil.
5. Scoop batter into the muffin tins.
6. Place in pre-heated oven and bake for 25 minutes.

When baked, remove from the oven, cool for a couple minutes and then lift out of the muffin tins and cool on a rack.

## Breakfast Muffins

Yield: 12 large muffins

750	ml	 <b>Valley Kitchen Pancake &amp; Cookie Mix</b>	3	cups
5	ml	baking powder	1	tsp
2.5	ml	baking soda	1/2	tsp
2.5	ml	black pepper	1/2	tsp
500	ml	buttermilk or kefir	2	cups
2		eggs, large	2	
45	ml	olive oil	3	Tbsp
30	ml	butter, melted	2	Tbsp
60	ml	green onion, chopped	1/4	cup
60	ml	bacon, chopped and cooked	1/4	cup
125	ml	peppers and onion, chopped and cooked	1/2	cup
125	ml	cheese, grated	1/2	cup



**Per muffin:** 230 calories, 14 g fat, 5 g saturated fat, 16 mg cholesterol, 270 mg sodium, 21 g carbohydrate, 4 g fiber, 3 g sugar, 8 g protein

1. Preheat the oven to 400°F.
2. In a large mixing bowl, combine the Pancake Mix, baking powder, baking soda and black pepper.
3. Make a well in the middle and add the buttermilk, eggs, olive oil and butter. Mix to blend.
4. Fold in the green onion, bacon, peppers, onion and cheese.
5. Spray a set of large muffin tins with oil. Scoop the batter into the tins.
6. Bake for 25 to 30 minutes.
7. Cool for 5 to 10 minutes and then turn out onto a rack to finish cooling, or serve warm.



## Pumpkin-Ginger Muffins

Yield: 12 large muffins (up to 36 mini muffins)

500	g	<b>Valley Kitchen Pancake &amp; Cookie Mix</b>	3 1/2	cups
250	ml	white sugar	1	cup
5	ml	baking soda	1	tsp
10	ml	pumpkin pie spice	2	tsp
5	ml	nutmeg	1	tsp
10	ml	cinnamon	2	tsp
2		large eggs	2	
250	ml	pumpkin puree, pure	1	cup
10	ml	vanilla	2	tsp
310	ml	orange juice	1 1/4	cup
60	ml	candied ginger, finely chopped	1/4	cup
		cream cheese icing		

1. Preheat the oven to 350°F.
2. Lightly oil 12 non-stick muffin tins.
3. In a large mixing bowl, combine the Valley Kitchen Pancake & Cookie Mix, sugar, baking soda and spices. Mix.
4. Add the eggs, pumpkin, vanilla, orange juice and ginger.
5. Mix for a couple minutes until the batter ingredients are well blended.
6. Using an ice cream scoop, fill each muffin cup level full. This will take a rounded scoop in each cup.
7. Bake in the pre-heated oven for 25 to 27 minutes.

Cool and top with cream cheese icing.

This recipe can be made into 36 mini muffins; bake for 15 minutes.

## Pumpkin-spice muffins

The perfect companion for a warm cup of freshly brewed coffee or a spicy chi tea.

Yield: 12 large muffins (up to 30 mini muffins)

180	g	<b>Valley Kitchen gluten free Pancake &amp; Cookie Mix</b>	1 1/2	cups
250	ml	white sugar	1	cup
5	ml	baking powder	1	tsp
2.5	ml	salt	1/2	tsp
5	ml	cinnamon	1	tsp
2.5	ml	cloves	1/2	tsp
2.5	ml	nutmeg	1/2	tsp
125	ml	vegetable oil	1/2	cup
125	ml	water	1/2	cup
375	ml	pumpkin puree, pure cream cheese icing	1 1/2	cup



**Per muffin:**  
 calories 230  
 fat 12 g  
 saturated fat 1 g  
 omega-3 fat 2 g  
 sodium 100 mg  
 carbohydrate 30 g  
 fiber 4 g  
 sugar 19 g  
 protein 3 g

### Instructions

1. Preheat the oven to 350°F.
2. Lightly oil 12 non-stick muffin tins or 30 mini muffin tins.
3. In a large mixing bowl, combine the Valley Kitchen all-purpose flour, sugar, baking powder, salt, cinnamon, cloves, and nutmeg. Mix to blend.
4. Add the oil, water, and pumpkin.
5. Mix for 1 to 2 minutes until the batter ingredients are well blended. You can mix by hand or use a counter-top mixer.
6. Using a scoop, fill each muffin cup level full.
7. Bake in the pre-heated oven for 32 to 35 minutes; minis bake for 20 to 22 minutes.

Cool and top with a dollop of cream cheese icing.



## Date Squares

Yield: 1 pan, 9 x 9 inches

450 ml	dates	1 lb
180 ml	<b>Valley Kitchen Pancake &amp; Cookie Mix</b>	3/4 cup
250 ml	brown sugar	1 cup
500 ml	gluten free oats	2 cup
125 ml	butter	1/2 cup

**Per 1 serving:** 200 calories, 6 g fat, 2 g saturated fat, 0 mg cholesterol, 70 mg sodium, 38 g carbohydrate, 3 g fiber, 26 g sugar, 3 g protein

1. Preheat oven to 350° F.
2. Place dates in a pot and fill it with water until they are all just covered. Bring to a boil and simmer until soft.
3. Mix together the other ingredients until crumbly.
4. Put 3/4 of the mixture into a greased 9 x 9 inch pan.
5. Cover this with the dates.
6. Put the rest of the oat mixture on top of this.
7. Bake for 25 minutes or until edges are brown.

## Zucchini Bread

Yield: 2 loaves (5 x 9 inch pans)

750	ml	<b>Valley Kitchen Pancake &amp; Cookie Mix</b>	3	cups
325	ml	sugar	1 1/3	cups
10	ml	cinnamon	2	tsp
2.5	ml	ginger	1/2	tsp
1.25	ml	nutmeg	1/4	tsp
30	ml	baking powder	2	Tbsp
2		eggs, large	2	
10	ml	vanilla	2	tsp
180	ml	butter, melted	3/4	cup
1000	ml	zucchini, grated	4	cups
250	ml	pecans, chopped (optional)	1	cup
250	ml	cranberries, dried (optional)	1	cup



**Slice each loaf into 16 slices. Per slice:** 140 calories, 8 g fat, 3.5 g saturated fat, 25 mg cholesterol, 130 mg sodium, 16 g carbohydrate, 2 g fiber, 10 g sugar, 2 g protein

8. Turn the oven on to preheat at 350°F.
9. Prepare the baking pans by spraying generously with oil.
10. In a large mixing bowl, measure and whisk together the Valley Kitchen Pancake & Cookie Mix, sugar, cinnamon, ginger, nutmeg and baking powder.
11. Make a well in the centre and add the eggs, vanilla and melted butter.
12. Mix using an electric mixer until well blended. The batter will be chunky at this stage.
13. Add the zucchini, pecans and dried cranberries.
14. Using a wooden spoon or spatula, mix the ingredients to make a moist batter.
15. Divide the batter evenly between the 2 pans. Smooth the top.
16. Bake the loaves for 50 minutes.
17. Cool for 8 to 10 minutes and then turn out onto a rack to finish cooling.



## Bella's Fruit & Seed Bars

These school friendly snack bars are named for the girl who loved them so much she took them to school every day.

Yield: 21 bars

250	ml	dried fruit, sulfur free, chopped	1	cup
		try ½ c each cranberries and raisins		
250	ml	dry roasted seeds, non-salted	1	cup
		try ½ c each sunflower and pumpkin seeds		
2	ml	cinnamon	1/2	tsp
500	ml	gluten free oat meal	2	cups
80	ml	chocolate chips	1/3	cup
60	ml	<b>Valley Kitchen Pancake &amp; Cookie Mix</b>	1/4	cup
80	ml	warm water	1/3	cup
5	ml	vanilla	1	tsp
60	ml	honey	1/4	cup



**Per bar:** 110 calories, 4 g fat, 1 g saturated fat, 0 mg cholesterol, 5 mg sodium, 18 g carbohydrate, 2 g fiber, 9 g sugar, 3 g protein

1. Preheat the oven to 350°F.
2. Lightly spray with oil an 8 x 8 inch baking pan and set aside.
3. In a large bowl, mix the chopped fruit, seeds, cinnamon, oat meal and chocolate chips.
4. In a small bowl, combine the Valley Kitchen Pancake & Cookie Mix with the warm water. Whisk in the vanilla and honey.
5. Combine the wet and dry ingredients. Mix.
6. Using a spatula, spread the mixture in the baking pan.
7. Bake for 18 to 20 minutes or until the edges are golden brown.
8. Let the bars cool before removing them from the pan.
9. Cut 3 x 7 to make 21 bars.
10. Store in an air tight container.

These hearty bars are sure to be a hit for between-meal treats or as a power snack while hiking.

Nut free