YOUNG LIVING™
ESSENTIAL OILS

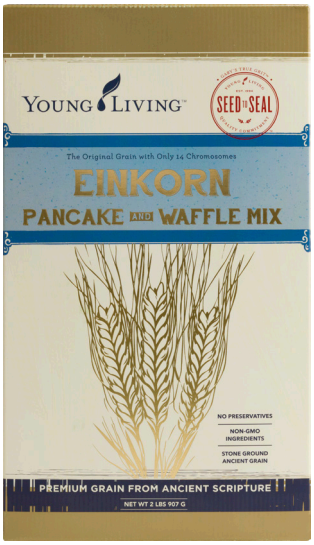
Item No. 5300

Gary's True Grit™ Pancake and Waffle Mix

Gary's True Grit Einkorn Pancake and Waffle Mix combines ancient einkorn wheat and other healthful grains with a special blend of ground legumes, added for a concentrated source of protein and fiber, making this a nutritious and tasty meal that will be enjoyed by the entire family.

Einkorn is the original "staff-of-life" grain, known as the oldest variety of wheat, which dates back to the beginning of time. Einkorn's natural genetic code and low gluten levels make it a superior choice because of its compatibility with the human body when compared to the modern, hybrid wheat of today. Because einkorn is low in gluten and easy to digest, it also allows for better absorption of nutrients.

Today, Young Living is helping to bring einkorn wheat back to its rightful prominence in the world.



Primary Benefits

- Unbleached, non-GMO ingredients, never hybridized
- Delicious blend of einkorn and other healthful grains and ground legumes

Who Should Use This Product?

- Individuals interested in a healthy alternative to modern wheat
- Individuals looking for a nutritious breakfast for the entire family

Suggested Use

- For use in pancakes, waffles, or crepes (see package for recipe).

Cautions

- Contains einkorn wheat.
- Manufactured in a facility that also processes tree nuts, peanuts, soy, milk, and egg.

Did You Know?

- Einkorn is the original bible grain.
- Einkorn is a "hulled" wheat, whereas modern wheats are not. The hull can protect the grain from stray chemical contamination and insects.
- Einkorn wheat has 14 chromosomes, while modern wheat has 42. This makes einkorn easier to digest.

Complementary Products

- Gary's True Grit™ NingXia Berry™ Syrup
- Yacon Syrup
- Blue Agave
- Slique™ Bars

Product Information

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Nutrition Facts
Serving Size: 1/4 cup (30 g)
Servings per Container: 30

Amount per serving	
Calories 100 Calories from Fat 5	
	%Daily Values*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 2g	**8%**
Sugars 0g	
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
Saturated 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 • Carbohydrate 4 • Protein 4

Ingredients: Whole grain einkorn flour (Triticum monococcum), Brown rice flour, Amaranth flour, Tapioca flour, Sorghum flour (Sorghum bicolor), Dhokla flour (Indian flour made from chickpeas)