



**Nora Mill Granary**  
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## 3 Grain Whole Grain Wheat, Rye, & Cornmeal Recipes Nora Mill 3 Grain Mix Recipes

Pancake • Waffle • Muffin



**3 Grain  
Pancake/Waffle/Muffin Mix**  
Whole Grain Wheat, Rye & Cornmeal

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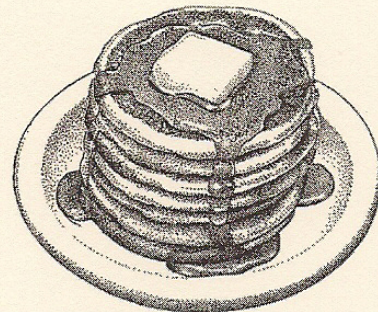
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### 3 Grain Pancakes

2 or 3 eggs, lightly beaten  
1 1/4 Cups buttermilk or milk  
2 T. melted butter  
1 1/2 Cups Nora Mill 3 Grain Mix

Combine first 3 ingredients in medium mixing bowl. Add 3 Grain Mix and stir just until dry ingredients are moistened. Do not overmix; batter should be a little lumpy. Bake pancakes on a hot, greased griddle, hot enough to make a drop of water dance on the surface before evaporating. Turn only once when pancakes begin to lose their gloss and bubbles begin to burst. Serve immediately with warm syrup.

*Makes 12 - 5" pancakes.*



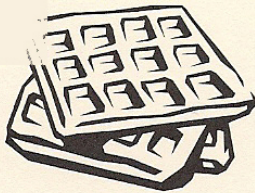




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## 3 Grain Whole Grain Wheat, Rye & Cornmeal Recipes (continued)



### 3 Grain Waffles

- 3 eggs, separated
- 1 1/4 Cups buttermilk
- 2 T. melted butter
- 1 1/2 Cups Nora Mill 3 Grain Mix

Preheat the waffle iron. In a small bowl, whisk the egg whites until they form stiff peaks. Lightly beat egg yolks in separate bowl; add buttermilk and butter. Mix until combined. Add 3 Grain Mix and stir until moistened. Fold in egg whites. Bake in waffle iron according to manufacturer's directions.

*Makes 5 large waffles.*

### 3 Grain Muffins

- 2 eggs, lightly beaten
- 1 Cup buttermilk or milk
- 4 T. (1/2 stick) butter, melted
- 2 Cups Nora Mill 3 Grain Mix

Preheat oven to 375° F. Combine first 3 ingredients in medium mixing bowl. Add 3 Grain Mix and stir just until dry ingredients are moistened. Do not overmix; batter should be lumpy. Fill greased muffin cups 2/3 full and bake for 15-20 minutes. Muffins should be firm and pulling away from sides of pan when done.

*Makes 12 muffins.*



**INGREDIENTS:** Stone ground rye flour, stone ground whole wheat flour, stone ground cornmeal, sugar, baking powder, salt and baking soda.

To maintain the flavor and nutritive qualities of whole grains, they should be kept in airtight containers in the refrigerator or freezer.

