

# FLIP NOTES

Powered by the Continental Mills Experience Team

**BATTER UP**  
for National  
Pancake Day MONTH




GET READY for  
National Pancake Day!  
**SEPT 26<sup>th</sup>**



We think pancakes are something to flip for every day...all month long!

In celebration of National Pancake Day on Saturday, Sept 26<sup>th</sup>, keep an eye out for weekly FlipNotes the entire month of September.



## Pancakes AROUND THE WORLD

There's some evidence to support the notion that pancakes have been served since pre-historic times. But, the first documented pancake, known as "tiganites", can be attributed to the Ancient Greeks. Since then, tons of pancake varieties have been developed across the globe. Let's explore some of them...



**Cachapas**  
Origin: Venezuela & Columbia  
Made from fresh corn, butter, cream, and salt and stuffed with cream cheese and queso fresco or mozzarella.



**Tiganites**  
Origin: Greece  
Small, fluffy pancakes served with warm honey and walnuts.



**Cameroonian**  
Origin: Cameroon  
Similar to a French Crepe, they're topped with fruit or chocolate. In South Africa, pancakes called "Pannekoek" are topped with cinnamon sugar and lemon juice.

Get inspired by Pan-CAKES that  
*Celebrate!*



Pancakes can provide an exciting and elegant alternative for wedding & birthday cakes.

## Unusual Inclusions



The addition of Carrot Puree gives these pancakes a natural orange color. Perfect for Fall, they also allow you to sneak in some veggies!

## A New Take on Pancakes On-the-Go Pancake Muffins

Try using Krusteaz Professional Sweet Cream Pancake Mix prepared with an assortment of berries, fruit or chocolate baked in mini-muffin tins for an on-the-go breakfast item.



Email us: [krusteazpro@ibidata.com](mailto:krusteazpro@ibidata.com)