

### DIRECTIONS:

- 1 REMOVE** lid and protective film.
  - 2 ADD** water to fill line. **DON'T OVERFILL**
  - 3 STIR WELL** using a fork. Batter will be thick (like thick cake batter).
- DO NOT COVER**
- 4 MICROWAVE** on high for 35 seconds. If muffin is still wet on top put lid on and let sit for 1-2 minutes **OR** heat for another 5-8 seconds.
- CAUTION: Contents will be hot**

**5 ENJOY!**

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Made in America

**STOP** DON'T add too much Water!

Fill to **THIS** line

- High Protein
- High Fiber
- Low-Cholesterol
- 0 Trans Fat
- Probiotics\*
- Gluten-Free
- Non-GMO

Certified  
**GF**  
Gluten-Free

NET WT. 1.94 OZ (55 GRAMS)

flapJACKed™

Cinnamon  
Apple

Mighty Muffin  
with PROBIOTICS\*



**20g**  
PROTEIN

Add  
Water

**:35**

Ready in  
Seconds

### Nutrition Facts

Serving Size: 1 Container (55g)  
Servings Per Container 1

Amount Per Serving

**Calories 220**    Calories from Fat 50

**Total Fat 5g**    % Daily Value\*

Saturated Fat 2.5g    8%

Trans Fat 0g    13%

**Cholesterol 5mg**    2%

Sodium 350mg    2%

**Total Carbohydrate 24g**    15%

Dietary Fiber 5g    8%

Sugars 8g    20%

**Protein 20g**    40%

Vitamin A 2%    • Vitamin C 2%

Calcium 15%    • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.

Supports Immune Health\*  
\*As part of a balanced diet and healthy lifestyle.



### INGREDIENTS:

Gluten-Free Oat Flour, Whey Protein Isolate (Whey Protein Isolate [Milk], Soy Lecithin), Pea Protein, Cinnamon Flakes, (Sugar, Vegetable Oil (Palm, Palm Kernel) Cinnamon, Soy Lecithin) Apples, Cinnamon, Buttermilk, Butter (Butter (Cream, Salt), Dry Buttermilk), Baking Soda, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate, non-GMO Corn Starch, ), Xanthan Gum, Natural Flavor, Sea Salt, Monk Fruit, Probiotic (Skim Milk Powder, Bacillus coagulans GBI-30 6086).

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