



# PROTEIN COOKIE & BAKING MIX

OATMEAL



**10<sub>G</sub>**  
PROTEIN

PER 42g SERVING  
(2 COOKIES)

CURB CRAVINGS  
GUILT-FREE

NO  
GMOs

NO  
ARTIFICIAL  
INGREDIENTS

NET WT. 9 OZ (255 GRAMS)

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**INGREDIENTS:** Oats, Organic Cane Sugar, Light Brown Sugar, Whey Protein Concentrate, Pea Protein, Spices, Xanthan Gum, Natural Flavor, Salt, Baking Soda, Stevia Extract.

**MANUFACTURED/DISTRIBUTED BY:** @JaceyCakes, LLC, Westminster, CO 80234  
MADE IN AMERICA

Nutrition Facts	
Amount per serving	
Serving size 1/4 cup mix (42g)	
6 servings per container	
<b>Calories</b>	<b>160</b>
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat --g	0%
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 15g Added Sugars	30%
<b>Protein 10g</b>	
Vitamin D --mcg	--%
Calcium 37mg	6%
Iron 1mg	2%
Potassium 16mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

## PROTEIN COOKIE MIX

WHAT YOU'LL NEED:

- 2 eggs
- 6 Tbsp butter
- 1 bag of Flapjacked Oatmeal Cookie Mix
- 1/3 cup dried fruit, nuts or seeds (Optional)

### BAKING INSTRUCTIONS:

- 1 Preheat oven to 350°F (175°C)
- 2 Whisk eggs and butter in a medium sized bowl until creamy. Using a spoon, gradually stir in dry cookie mix (and optional inclusions) until combined. Drop dough by rounded tablespoon (2 inches apart) onto ungreased baking sheet.
- 3 Bake for 9-11 minutes or until edges are set.
- 4 Cool on baking sheets for 2 minutes; remove to a wire rack to cool completely.
- 5 Enjoy! Makes 12 delicious, hunger-busting cookies.



## WHY DOES FLAPJACKED LOVE PROTEIN?

- It Helps Us Curb Hunger
- It Fuels Our Fat Burning
- It Promotes Our Muscle Growth
- It Increases Our Energy

We started Flapjacked as a convenient way to properly fuel our family for the day. That's why all our products are easy to make, GMO-free, and always fortified with protein to keep you and your family on the go without having to compromise on eating clean. We hope you check out our entire line of delicious protein-packed products such as pancakes, muffins, smoothies and more at [www.flapjacked.com](http://www.flapjacked.com).



-The Bacon Family