

flapJacked™

# PROTEIN SMOOTHIE

## WITH GREEK YOGURT

### MILK CHOCOLATE

**20<sup>G</sup>**  
**PROTEIN**

PER 46g SERVING

Omega-3s

500 Million CFUs  
of Probiotics\*

High Calcium

**8<sup>oz</sup>** JUST  
ADD  
MILK

NET WT. 1.6 OZ (46 GRAMS)

Follow us on social!  
#flapjacked to find  
and share healthy,  
protein-packed  
recipes.

GET INSPIRED

MADE IN AMERICA

© JaceyCakes, LLC, CO 80234

DISTRIBUTED BY:

MANUFACTURED/

INGREDIENTS: Cane Sugar,  
Whey Protein Isolate (Whey  
Protein Isolate (MILK), Soy  
Lecithin), Greek Yogurt (Greek  
Protein Powder, Sunflower  
Lecithin), Flax, Cocoa Powder  
(Cocoa, Soy Lecithin), Natural  
Flavor, Xanthan Gum, Caramel  
Color, Sillicone Dioxide, Green  
Coffee Bean Extract,  
Probiotics (Skim Milk Powder,  
Bacillus coagulans GBI-30  
6086), Stevia Extract.



\*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.

Nutrition Facts	
Amount per serving	
Serv. size 1 packet (46g)	
1 servings per container	
<b>Calories</b>	<b>170</b>
% Daily Value*	
<b>Total Fat</b> 2g	3%
Sat. Fat 0g	0%
<b>Trans Fat</b> --g	
<b>Cholest.</b> 5mg	2%
<b>Sodium</b> 55mg	2%
<b>Total Carb.</b> 20g	7%
Dietary Fiber 2g	7%
Total Sugars 15g	
Incl. 13g Added Sugars	26%
<b>Protein</b> 20g	
Vit. D --mcg --	20%
Calcium 251mg	20%
Iron 1mg	6%
Potas. 247mg	6%

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



Use less liquid for a  
thicker smoothie.

**Thick or Thin?**

Just stir vigorously with  
a spoon until thick  
and frothy.

**No Shaker Bottle?**

- 1** Pour 8 ounces (1 cup) of cold 2% milk (or milk alternative) into a shaker bottle then add smoothie mix.
- 2** Shake vigorously for 10-20 seconds. (Dancing is optional.)
- 3** Enjoy until the last drop!

**DIRECTIONS:**

