

flapJacked™

Maple
Pumpkin

High-Fiber
Mighty Muffin
with PROBIOTICS*



20g
PROTEIN

Add
Water
:35
Ready in
Seconds



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

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DIRECTIONS:

- 1 REMOVE** sealed protective film.
- 2 ADD** 1/4 cup cold water.
- 3 STIR** using a fork until well blended.
- 4 MICROWAVE** on high per cooking time based on your microwave wattage.

Microwave Wattage	700W	950W	1200W
Cooking Time	55 seconds	45 seconds	35 seconds

5 ENJOY! But caution, contents are hot!

www.flapjacked.com



#FlapJacked

Made in America NET WT. 1.94 OZ (55 GRAMS)

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



Nutrition Facts

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

Amount Per Serving		% Daily Value*
Calories 200	Calories from Fat 35	
Total Fat 4g		6%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 350mg		15%
Total Carbohydrate 24g		8%
Dietary Fiber 6g		24%
Sugars 9g		
Protein 20g		40%
Vitamin A 0%	Vitamin C 2%	
Calcium 15%	Iron 15%	

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

INGREDIENTS:

Whey Protein Isolate (Whey Protein Isolate [Milk], Soy Lecithin), Pea Protein, Maple Drops (Sugar, Palm Oil, Non-GMO Corn Flour, Natural Flavor, Non-GMO Corn Starch, Cocoa Powder (Processed with Alkali)), Gluten-Free Oat Flour, Pumpkin, Dextrin, Buttermilk, Butter (Butter [Cream, Salt], Dry Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate, Non-GMO Corn Starch), Xanthan Gum, Sea Salt, Monk Fruit, Probiotic (Skim Milk Powder, Bacillus coagulans GBI-30 6086).

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