

GET INSPIRED #flapjacked

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 and *always* fortified with protein to keep you and your family on the go without having to compromise on eating clean.

The Bacon Family

DIRECTIONS:

- 1 Remove** sealed protective film.
- 2 Add** ¼ cup cold water.
- 3 Stir** using a fork until well blended.
- 4 Microwave** on high per cooking time based on your microwave wattage.
- 5 Enjoy!** But caution, contents are hot!

Microwave Wattage	700W	950W	1200W
Cook Time (seconds)	55	45	35



MIGHTY MUFFIN WITH PROBIOTICS*

BLUEBERRY



NET WT. 1.94 OZ (55 GRAMS)



ADD WATER, STIR, & MICROWAVE

20 G PROTEIN

PER 55g SERVING

Nutrition Facts

1 servings per container

Serving size 1 container (55g)

Amount per serving

Calories 220

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 360mg **16%**

Total Carbohydrate 23g **8%**

Dietary Fiber 5g **18%**

Total Sugars 10g

Includes 6g Added Sugars **12%**

Protein 20g

Vitamin D 0mcg 0%

Calcium 79mg 6%

Iron 1mg 6%

Potassium 160mg 4%

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

INGREDIENTS: Oats, Whey Protein Concentrate (MILK), Pea Protein, Blueberry Flakes (Sugar, Sustainable Palm and Palm Kernel Oil, Natural Flavor, Malic Acid, Fruit and Vegetable Juice, Sunflower Lecithin), Natural Flavor, Dextrin, Buttermilk, Butter (Butter [Cream, Salt], Dry Buttermilk), Blueberries, Xanthan Gum, Baking Soda, Sea Salt, Stevia Extract, Probiotics (Skim Milk Powder, Bacillus coagulans GB1-30 6086).

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



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