

📷 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, GMO-free, 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*

CINNAMON ROLL



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 2.5g **13%**
Trans Fat 0g

Cholesterol 25mg **8%**
Sodium 350mg **15%**

Total Carbohydrate 21g **8%**
Dietary Fiber 5g **18%**

Total Sugars 10g
Includes 6g Added Sugars **12%**

Protein 20g

Vitamin D 0mcg 0%
Calcium 117mg 10%
Iron 1mg 6%
Potassium 194mg 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, Pea Protein, White Chocolate (Sugar, Cocoa Butter, Whole Milk Powder, Nonfat Milk Powder, Soy Lecithin, Vanilla and Natural Flavor), Natural Flavor, Buttermilk, Dextrin, Cinnamon, Butter (Butter [Cream, Salt], Dry Buttermilk), Xanthan Gum, Baking Soda, Stevia Extract, Sea Salt, Probiotics (Skim Milk Powder, Bacillus coagulans GBI-30 6086).

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



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