

📷 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



NET WT. 1.9 OZ (55 GRAMS)



MIGHTY MUFFIN

WITH PROBIOTICS*

LEMON POPPY SEED



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 230

% Daily Value*

Total Fat 6.5g **8%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 350mg **15%**

Total Carbohydrate 22g **8%**

Dietary Fiber 5g **18%**

Total Sugars 10g

Includes 7g Added Sugars **14%**

Protein 20g

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 1mg 6%

Potassium 148mg 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: Whey Protein Concentrate (MILK), Pea Protein, Oats, Lemon Flakes (Sugar, Sustainable Palm and Palm Kernel Oil, Fruit Juice [Color], Natural Extractives of Lemon, Natural Flavor, Citric Acid, Sunflower Lecithin), Natural Flavor, Dextrin, Buttermilk, Butter (Butter [Cream, Salt], Dry Buttermilk), Poppy Seeds, Xanthan Gum, Baking Soda, Turmeric (Color), Sea Salt, Stevia Extract, 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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