



PROTEIN PANCAKE & BAKING MIX

CARROT SPICE



20^G
PROTEIN

PER 53g SERVING

ONLY
6^G
SUGAR

200
CALORIES
PER SERVING



NET WT. 12 OZ (340 GRAMS)



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MADE IN AMERICA
©JaceyCakes, LLC, Westminster, CO 80234

INGREDIENTS: Whole Oat Flour, Whey Protein Isolate (Whey Protein Isolate (MILK), Soy Lecithin), Pea Protein, Carrots, Buttermilk, Organic Coconut Flour, Spices, Baking Soda, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate, Non-GMO Corn Starch), Salt, Xanthan Gum, Stevia Extract.

Amount Per Serving	
Serving Size: 1/2 Cup (53g)	
Servings Per Container 6	
Calories 200	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 350mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 20g	40%
Vitamin A 100% • Vitamin C 4%	
Calcium 15% • Iron 6%	
*Percent Daily Values are based on a diet of 2,000 calories depending on your calorie needs.	
Total Fat	Less than 65g
Saturated Fat	Less than 25g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	300g
Dietary Fiber	25g
Total Carbohydrate	300g
Protein	20g
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts

The Bacon Family
www.flapjacked.com

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, GM0-free, and always fortified with protein to keep you and your family on the go without having to compromise on eating clean. We hope you check out our entire line of delicious protein-packed products such as pancakes, muffins, smoothies and more at www.flapjacked.com.



PROTEIN PANCAKES

1 Whisk 1/2 cup mix (1 serving) with 1/3 cup + 1 tablespoon cold water until well blended.

2 Let sit for 3 minutes while griddle warms up. Batter thickens as it sits.

3 Heat griddle to low heat (285-295°F).

4 Pour batter into 3-4 four inch pancakes on lightly greased, pre-heated griddle.

5 Cook until no more bubbles are forming in the center and edges look dry (about 3 minutes). Flip and cook until golden brown.

6 Want Thinner Pancakes? Add 1-2 tablespoons of water until a desired consistency is reached.

7 Want More Protein Per Serving? Replace water with fat-free milk.

8 Replace water with fat-free milk. + 2 tablespoons of water.

9 23g

10 26g

Replace water with fat-free milk.

Replace water with fat-free milk.

Waffles

1 Whisk 1 cup mix (2 servings), 1 egg and 2/3 cup cold water until well blended. Let sit for 3 minutes while waffle iron heats up.

2 Cook according to your waffle iron's instructions.

3 Enjoy! Makes 9 hunger-busting muffins.

4 Frost muffins.

5 Blend last 3 ingredients.

6 Bake 14-16 minutes.

7 Let cool.

8 Pour batter into a greased or lined muffin pan. Fill cups 3/4 full.

9 Preheat oven to 350°F.

10 Mix first 7 ingredients until blended.

11 Bake 14-16 minutes.

12 Frost muffins.

13 Enjoy! Makes 9 hunger-busting muffins.

CARROT CAKE MUFFINS

1 Whisk 1/2 cup mix (1 serving) with 1/3 cup + 1 tablespoon cold water until well blended.

2 Let sit for 3 minutes while griddle warms up. Batter thickens as it sits.

3 Heat griddle to low heat (285-295°F).

4 Pour batter into 3-4 four inch pancakes on lightly greased, pre-heated griddle.

5 Cook until no more bubbles are forming in the center and edges look dry (about 3 minutes). Flip and cook until golden brown.

6 Want Thinner Pancakes? Add 1-2 tablespoons of water until a desired consistency is reached.

7 Want More Protein Per Serving? Replace water with fat-free milk.

8 Replace water with fat-free milk. + 2 tablespoons of water.

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Waffles

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WHY DOES FLAPJACKED LOVE PROTEIN?

- It Helps Us Curb Hunger
- It Fuels Our Fat Burning
- It Promotes Our Muscle Growth
- It Increases Our Energy

