

flapJacked™

PROTEIN SMOOTHIE

WITH GREEK YOGURT

VANILLA BEAN



20g
PROTEIN

PER 42g SERVING

Omega-3s

500 Million CFUs
of Probiotics*

High Calcium

8oz JUST ADD MILK

NET WT. 1.5 OZ (42 GRAMS)



*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.

Iron 0mg	0%	Potas. 152mg	4%
Vit. D --mcg	--%	Calcium 254mg	20%
Protein 20g			
Incl. 14g Added Sugars		28%	
Total Sugars 15g			
Dietary Fiber 1g		4%	
Total Carb. 16g		6%	
Sodium 50mg		2%	
Cholest. 5mg		2%	
Trans Fat --g			
Sat. Fat 0g		0%	
Total Fat 1.5g		2%	
% Daily Value*			
Calories 160			
Amount per serving			
1 servings per container			
Serv. size 1 packet (42g)			

Nutrition Facts

INGREDIENTS: Cane Sugar, Whey Protein Isolate (Whey Protein Isolate (MILK), Soy Lecithin), Greek Yogurt (Greek Protein Powder, Sunflower Lecithin), Flax, Natural Flavor, Xanthan Gum, Silicic Acid, Probiotics (Skim Milk Powder, Bacillus coagulans GB-30 6086), Stevia Extract.

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MANUFACTURED/DISTRIBUTED BY:
@JaceyCakes, LLC.
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MADE IN AMERICA

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



Use less liquid for a thicker smoothie.

Thick or Thin?

Just stir vigorously with a spoon until thick and frothy.

No Shaker Bottle?

- 1** Pour 8 ounces (1 cup) of cold 2% milk (or milk alternative) into a shaker bottle then add smoothie mix.
- 2** Shake vigorously for 10-20 seconds. (Dancing is optional.)
- 3** Enjoy until the last drop!

DIRECTIONS:

