



DIRECTIONS:

- 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!

No Shaker Bottle?

Just stir vigorously with a spoon until thick and frothy.

Thick or Thin?

Use less liquid for a thicker smoothie.



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



Nutrition Facts

1 servings per container
Serv. size 1 packet (43g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 1.5g **2%**

Sat. Fat 0g **0%**

Trans Fat –g

Cholest. 5mg **2%**

Sodium 50mg **2%**

Total Carb. 17g **6%**

Dietary Fiber 1g **4%**

Total Sugars 15g

Incl. 13g Added Sugars **26%**

Protein 20g

Vit. D –mcg –% • Calcium 247mg 20%

Iron 0mg 0% • Potas. 166mg 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.



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INGREDIENTS: Whey Protein Isolate (Whey Protein Isolate (MILK), Soy Lecithin), Cane Sugar, Greek Yogurt (Greek Protein Powder, Sunflower Lecithin), Flax, Natural Flavor, Acai Extract, Banana, Strawberry, Xanthan Gum, Fruit and Vegetable Juice (Color), Silicone Dioxide, Probiotics (Skim Milk Powder, Bacillus coagulans/GBI-30 6086), Stevia Extract.

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NET WT. 1.5 OZ (43 GRAMS)



JUST ADD MILK

High Calcium

500 Million CFUs of Probiotics*

Omega-3s

20g
PROTEIN

PER 43g SERVING



STRAWBERRY BANANA

PROTEIN SMOOTHIE WITH GREEK YOGURT

