

flapJacked™

Peanut Butter

High-Fiber
Mighty Muffin
with PROBIOTICS*



20g
PROTEIN

Add Water
:35
Ready in Seconds



- High-Protein
- High-Fiber
- Low-Cholesterol
- 0 Trans Fat
- Probiotics*
- Gluten-Free
- Non-GMO

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DIRECTIONS:

- 1 REMOVE sealed protective film.
- 2 ADD 1/4 cup cold water.
- 3 STIR using a fork until well blended.
- 4 MICROWAVE on high per cooking time based on your microwave wattage.

Microwave Wattage	700W	950W	1200W
Cooking Time	55 seconds	45 seconds	35 seconds

5 ENJOY! But caution, contents are hot!

www.flapjacked.com



#FlapJacked

Made in America NET WT. 1.94 OZ (55 GRAMS)

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



Nutrition Facts

Serving Size: 1 Container (55g)
Servings Per Container 1

Amount Per Serving

Calories 230 Calories from Fat 70

Total Fat 7g % Daily Value*

Saturated Fat 3.5g 11%

Trans Fat 0g 18%

Cholesterol 5mg

Sodium 350mg 2%

Total Carbohydrate 22g 15%

Dietary Fiber 5g 7%

Sugars 9g 20%

Protein 20g 40%

Vitamin A 0% Vitamin C 0%

Calcium 15% Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:

Gluten-Free Oat Flour, Peanut Butter Chips (Sugar, Partially Defatted Peanut Flour, Palm Kernel and Palm Oils, Nonfat Dry Milk, Dextrose, Soy Lecithin, and Salt), Peanut Flour, Whey Protein Isolate (Whey Protein Isolate [Milk], Soy Lecithin), Pea Protein, Buttermilk, Butter (Butter [Cream, Salt], Dry Buttermilk), Dextrin, Baking Soda, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate, Non-GMO Corn Starch), Xanthan Gum, Monk Fruit, Sea Salt, Probiotic (Skim Milk Powder, Bacillus coagulans GBI-30 6086).

DISTRIBUTED BY:

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