

DIRECTIONS:

- 1 REMOVE** lid and protective film.
- 2 ADD** water to fill line. **DON'T OVERFILL**
- 3 STIR WELL** using a fork. Batter will be thick (like thick cake batter).

DO NOT COVER

- 4 MICROWAVE** on high for 35 seconds. If muffin is still wet on top put lid on and let sit for 1-2 minutes OR heat for another 5-8 seconds.

CAUTION: Contents will be hot

5 ENJOY!

Looking for **MORE?**

Visit Our Website To Get:

- Awesome Healthy Recipes
- Product Information
- Links To Our Social Media

www.flapjacked.com
Made in America

STOP DON'T add too much Water!

Fill to **THIS** line

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



NET WT. 1.94 OZ (55 GRAMS)

flapJACKed™

Double Chocolate

Mighty Muffin

with PROBIOTICS*

Add Water

35

Ready in Seconds

20g
PROTEIN

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 220

Calories from Fat 70

Total Fat 8g

% Daily Value*

Saturated Fat 4g

12%

Trans Fat 0g

20%

Cholesterol 5mg

2%

Sodium 350mg

15%

Total Carbohydrate 21g

7%

Dietary Fiber 6g

24%

Sugars 6g

40%

Protein 20g

Vitamin A 0%

Vitamin C 0%

Calcium 15%

Iron 20%

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

INGREDIENTS:

Gluten-Free Oat Flour, Bittersweet Chocolate (Unsweetened Chocolate (processed with Potassium Carbonate, Sugar, Cocoa Butter), Soya Lecithin), Whey Protein Isolate (Whey Protein Isolate (MILK), Soy Lecithin), Pea Protein, Cocoa Powder, Buttermilk, Butter (Butter (Cream, Salt), Dry Buttermilk), Baking Soda, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate, Non-GMO Corn Starch), Xanthan Gum, Sea Salt, Monk Fruit, Natural Flavor, Probiotic (Skim Milk Powder, Bacillus coagulans GBI-30 6086).

DISTRIBUTED BY:

©JaceyCakes, LLC. Westminster, CO 80234



8

50171 00515 7