

flapJacked™ s'mores

High-Fiber  
Mighty Muffin  
with PROBIOTICS\*



20g  
PROTEIN

Add Water  
:35  
Ready in Seconds

Certified  
GF  
Gluten-Free

- 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)

Nutrition Facts

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

Amount Per Serving

Calories 210 Calories from Fat 50

Total Fat 6g % Daily Value\*

Saturated Fat 2.5g 9%

Trans Fat 0g 13%

Cholesterol 5mg

Sodium 350mg 2%

Total Carbohydrate 24g 15%

Dietary Fiber 5g 8%

Sugars 10g 20%

Protein 20g 40%

Vitamin A 0%

Calcium 10%

Vitamin C 0%

Iron 6%

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

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



INGREDIENTS:

Gluten-Free Oat Flour, Whey Protein Isolate (Whey Protein Isolate [Milk], Soy Lecithin), Pea Protein, Milk Chocolate (Sugar, Whole Milk Powder, Chocolate Liquor, Cocoa Butter, Milk Fat, Soy Lecithin and Natural Vanilla Flavor), Marshmallow Drops (Sugar, Non-GMO Corn Flour, Palm Oil, Natural Flavor, Titanium Dioxide), Buttermilk, Butter (Butter [Cream, Salt], Dry Buttermilk), Molasses, Cocoa Powder, Dextrin, Natural Flavor, Powder (Monocalcium Phosphate, Sodium Bicarbonate, Non-GMO Corn Starch), Xanthan Gum, Sea Salt, Monk Fruit, Probiotic (Skim Milk Powder, Bacillus coagulans GB-30-6086).

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