



flapJACKed™

**Chocolate
Peanut
Butter**

**High-Fiber
Mighty Muffin**
with PROBIOTICS*



**20g
PROTEIN**

Add
Water
:35
Ready in
Seconds

Certified
GF
Gluten-Free

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

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

We're SOCIAL!
Join the conversation.
• Keep up on the latest news.
• Find awesome recipes.
• FAQ's, cooking tips & more!

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		% Daily Value*
Calories 240	Calories from Fat 70	
Total Fat 8g		12%
Saturated Fat 4.5g		23%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 350mg		7%
Total Carbohydrate 22g		20%
Dietary Fiber 5g		40%
Sugars 10g		
Protein 20g		
Vitamin A 0%	Vitamin C 0%	
Calcium 10%	Iron 15%	

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

INGREDIENTS:

Gluten-Free Oat Flour, Peanut Butter Chips (Sugar, Palm Kernel Oil, Partially Defatted Peanut Flour, Nonfat Dry Milk, Salt, and Soy Lecithin), Whey Protein Isolate (Whey Protein Isolate (MILK), Soy Lecithin), Pea Protein, Cocoa Powder, Milk Chocolate (Sugar, Whole Milk Powder, Chocolate Liquor, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Vanilla Flavor), Peanuts, Butter (Butter (Cream, Salt), Dry Buttermilk), Baking Soda, Baking Powder (Monocalcium Phosphate, Sodium Bicarbonate, Non-GMO Corn Starch), Xanthan Gum, Sea Salt, Monk Fruit, Probiotic (Skim Milk Powder, Bacillus coagulans GB1-30 6086).

DISTRIBUTED BY:

©JaceyCakes, LLC, Westminster, CO 80234

