



Gluten Free PROTEIN PANCAKES

TO PREPARE PANCAKES:

1. Preheat fry pan and lightly grease.
2. Shake bottle to loosen dry mix.
3. Remove lid. **Do not discard.**
4. Fill bottle with water to level indicated on this label or add 280ml of water and replace lid.
5. Turn bottle upside down and tap lid sharply on bench to loosen mix and shake well.
6. Pour batter into frying pan to desired size. Cook over a medium to high heat for 1-2 minutes on each side or until golden brown on both sides.
7. Adjust the amount of water accordingly for a thicker or thinner pancake.



Makes approximately 4 (10-12cm) pancakes. Made up batter can be stored in the refrigerator for up to 36 hours.

	Servings per Container: 2 serves Serving Size: 2 Pancakes (65g powder, approx. 150g when prepared as directed)	Ave Qty Per Serve	Ave Qty Per 100g (powder)	Ave Qty Per 100g (when prepared as directed)
Energy		943 kJ 225 Cal	1451 kJ 347 Cal	629 kJ 150 Cal
Protein		20.1 g	30.9 g	13.4 g
Fat - Total		4.2 g	6.5 g	2.8 g
- Saturated		3.9 g	6.1 g	2.6 g
Carbohydrates - Total		26.1 g	40.2 g	17.4 g
- Sugars		2.6 g	4.0 g	1.7 g
Sodium		465 mg	715 mg	310 mg
Dietary Fibre		6.8 g	10.4 g	4.5 g

INGREDIENTS: Certified Organic Coconut Flour, Rice Flour, **Whey** Protein Isolate, Maize Starch, **Egg** Albumen, Natural Flavours, Tapioca Starch, Aerators (Sodium Acid Pyrophosphate, Sodium Carbonate), Salt, Thickeners (Xanthan Gum, Guar Gum, Hydroxypropyl Methyl Cellulose), Sweetener (Sucralose), Emulsifier (Soy or Sunflower Lecithin)



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