

# PROTEIN BAKE MIX

LIMITED EDITION



## Nutritional Information

Serving size: 24 g Servings per container: 20						
	Per 100 g	% RI**	Per 1 serving with semi-skimmed milk*	% RI**	Per 1 serving with water*	% RI**
Energy	1680 kJ 400 kcal	-	466 kJ 111 kcal	-	403 kJ 96 kcal	-
Fat	9.0 g	-	2.7 g	-	2.2 g	-
of which:	-	-	-	-	-	-
saturates	3.6 g	-	1.2 g	-	0.9 g	-
mono-unsaturates	3.4 g	-	0.9 g	-	0.8 g	-
polyunsaturates	1.9 g	-	0.5 g	-	0.5 g	-
Carbohydrate	33 g	-	9 g	-	8 g	-
of which: sugars	2.6 g	-	2.1 g	-	0.6 g	-
Fibre	7.0 g	-	1.7 g	-	1.7 g	-
Protein	44 g	-	11 g	-	10 g	-
Salt	2.1 g	-	0.6 g	-	0.5 g	-
<b>MINERALS</b>						
Potassium	1358 mg	68%	374 mg	19%	326 mg	16%
Calcium	276 mg	35%	103 mg	13%	66.2 mg	8%
Phosphorus	1042 mg	149%	278 mg	40%	250 mg	36%
Manganese	0.79 mg	40%	0.19 mg	10%	0.19 mg	9%
Selenium	27 µg	49%	6.5 µg	12%	6.5 µg	12%
Molybdenum	67 µg	133%	17 µg	35%	16 µg	32%

\*Per 1 serving of ready prepared pancake (approx. 48g)

\*\*Reference intake

Contains naturally occurring sugars

SKU: 200K

### Ingredients:

Whey protein concentrate (**milk**), gluten free whole **oat** flour, whole **egg** powder, calcium caseinate (**milk**), baking powder (raising agents (disodium disphosphate, potassium hydrogen carbonate), rice flour), gluten free **wheat** dextrin.

Allergy advice: for allergens see ingredients in **bold**.

Our limited edition Protein Bake Mix is a perfect ingredient to help create simple and nutritious baked snacks.

With a neutral flavour, Protein Bake Mix is versatile and can be used in either sweet or savoury recipes. Made with a blend of high-quality ingredients including whey protein for a light and fluffy texture, this ready-to-mix product is the smart choice for adding great nutrition to your favourite recipes.

### KEY BENEFITS AND FEATURES

- A nutritious way to enjoy sweet and savoury treats
- Many recipes available via the QR code on the label
- High in protein
- Source of fibre
- Contains minerals
- Gluten-free
- Suitable for vegetarians
- Versatile, quick and easy to prepare
- No added sugar, no colours, flavours or sweeteners

### USAGE

- To create a nutritious pancake, preheat a non-stick pan on low heat.
- Mix 24 g (2 scoops) of Protein Bake Mix with 30 ml (2 tbsp) of semi-skimmed milk (1.5 % fat) or 30 ml (2 tbsp) of water.
- Once combined, pour the batter into the centre of the pan and spread the pancake out to your desired thickness.
- Cook on a low heat for 2-3 minutes until the bottom is golden, then flip the pancake and repeat this step on the second side.

Scan the QR code for exciting recipes using Protein Bake Mix.

