

ALL-NATURAL, FAST-ABSORBING, 100% WHEY PROTEIN ISOLATE

At AboutTime®, we do not believe in sacrificing one good thing for another, we want it all! That's why we develop products that stand for great quality AND taste. In addition, we appreciate simplicity which is why our protein pancake mix has simple ingredients that you can actually pronounce.

QUALITY PRODUCTS MADE IN USA

AboutTime® uses micro-filtered 100% whey protein isolate for each and every delicious serving of our Protein Pancakes. Each serving is only 270 calories with 24g of carbs and contains 28g of protein!

-  SWEETENED WITH STEVIA
-  NO ARTIFICIAL COLORS OR FLAVORS
-  LACTOSE FREE
-  GLUTEN FREE
-  SOY FREE

THE ABOUTTIME® CORE VALUES

AboutTime® is blended and packaged at our own facility in Pittsburgh, PA and we source our whey from dairy farms in the United States of America.



† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

WARNING: Consuming this product can expose you to chemicals including Lead and Cadmium, which is known to the State of California to cause cancer, and Lead and Cadmium, which is known to the State of California to cause birth defects and/or other reproductive harm. For more information go to www.P65Warnings.ca.gov



ABOUTTIME® NATURAL FLAVOR

PROTEIN PANCAKES



MAPLE SYRUP AT

NET WT. 1.5LBS (700G)



270 CALORIES	28g PROTEIN	24g CARBS
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DIRECTIONS

-  **1. Mix the Batter**
Whisk ½ cup dry mix with ¼ cup cold water, just until ingredients are blended, then let batter rest for 3 minutes.
-  **2. Heat the Griddle**
Preheat to 325 degrees.
-  **3. Pour the Batter**
Makes 2 six-inch pancakes.
-  **4. Cook until Golden & Flip**
Cook until bubbles stop forming and edges are cooked, about 2 minutes. Flip and cook until golden brown.

ABOUTTIME®

Nutrition Facts	
10 servings per container	
Serving Size	½ Cup (70g)
Amount per Serving	
Calories	270
	%Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	7%
Cholesterol 20mg	7%
Sodium 636mg	28%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	11%
Total Sugars 2g	**
Includes 0g Added Sugars	**
Protein 28g	0%
Vitamin D 0mg	20%
Calcium 256mg	9%
Iron 2mg	10%
Potassium 450mg	

* Percent daily values are based on a 2,000 calorie diet.
** Daily value not established.

Ingredients: Whey Protein Isolate, Gluten Free Oat Flour, Buttermilk Powder, Flax Seed Powder, Natural Flavors, Baking Powder, Sodium Chloride, Baking Soda, Xanthan Gum, Stevia. Contains milk. Produced in a facility that uses soy, peanut, tree nut, wheat and egg ingredients.

Manufactured & Distributed By: **SDC Nutrition**
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