

190mm

50mm bottom

25mm

15mm

6.5

6.5

6.5

6.5

6.5

6.5

6.5

140mm

50mm

140mm

50mm

Concentrate. You need to know this.

Alrighty, 1/4 cup measurement equals one serve which makes one pancake or multiple small ones. Only want one serve? You'll need 1/4 cup cry TPP mix and 1/4 cup (60ml) of water. Essentially, it's a 1:1 ratio of water to mix. Feeling hungry? Double it. Want flufflier pancakes? Just add a bit less water... or vice versa. You get the idea, you smart pancake!

Follow these steps to make me 11/10.

- 1 Measure out 1/4 cup of TPP mix per pancake and add to a mixing bowl.
- 2 Measure out 1/4 cup of water per pancake and add to the mixing bowl.
- 3 Gently stir mixture until combined. Avoid over mixing the batter for fluffy results.
- 4 Bring a pan to medium heat. Use butter or coconut oil to coat the pan. Pour to size.
- 5 Cook pancakes until bubbles appear. Use a thin, wide spatula to flip the pancakes.
- 6 Cook until golden brown on both sides. Add toppings of your choice and devour!

Where possible, recycle this pouch in Australia through REDcycle. Visit redcycle.net.au for more info. In the instance where soft plastics recycling is unavailable, please dispose of this pouch in the bin.



Made in Australia from at least 72% Australian ingredients. You ripper!

My nutritional deets.

Servings per package: 8

Serving size: 40g

	Avg quantity per serving	Avg quantity per 100g
Energy	591kJ (141Cal)	1478kJ (353Cal)
Protein	10.0g	24.9g
Fat, total	1.5g	3.7g
Saturated	0.6g	1.4g
Carbohydrate	21.1g	52.6g
Sugars	2.0g	5.1g
Sodium	421mg	1053mg
Dietary Fibre	2.2g	5.4g

I'm full of natural ingredients.

Wheat Flour (**Gluten**), Cookie Crumb (12%) [**Wheat** Flour (**Gluten**), Sugar, Vegetable Oil (Antioxidants 322, 307 (**Soy**)), Cocoa Powder, Maize Starch, **Milk** Solids, Cocoa Liquor, Raising Agent (500), Salt, Natural Flavours, **Soy** Lecithin], **Whey** Protein Isolate (**Milk**), Pea Protein Isolate, Dietary Fibre (Inulin), Baking Powder, Natural Flavour, Maca Powder, Salt, Natural Sweetener (Thaumatococcus), **Contains Wheat, Gluten, Soy, Milk**. Manufactured in the same facility as Egg.

I deserve to be looked after.

Please store me in a cool, dry place that avoids direct sunlight.

If you're looking for me.

Contact hello@theproteinpancake.co for enquiries. Manufacture & returns: The Protein Pancake, 18 Terama Ct, Greenwith SA 5125.



The Protein Pancake.

Join the flipping family on socials.

ig

[the.proteinpancake](https://www.instagram.com/the.protein.pancake)

fb

[the.protein.pancake](https://www.facebook.com/the.protein.pancake)

Tear here

The Protein Pancake.



Cookies & Cream Flavour Pancakes



Hi, I'm The Protein Pancake. Nice to meet you. My friends call me TPP. I'm not going to lie, I'm damn delicious. If you must know, my measurements are **320g**, I have **8** serves per packet, oh and I don't mean to brag but I contain 10g of protein per pancake. I have a golden personality and am packed full of all the good stuff. Enough about me, let's flip.



Natural ingredients



Made with maca powder



Australian made



No added sugar



Just add water



The Protein Pancake.

Join the flipping family on socials.

ig

[the.proteinpancake](https://www.instagram.com/the.protein.pancake)

fb

[the.protein.pancake](https://www.facebook.com/the.protein.pancake)



Net weight 320g

CCS

Cookies & Cream 320g