

# WEIDER®

## PROTEIN PANCAKE MIX

### Whole oat flour pancakes enriched with protein

Prepared mixture rich in protein and fiber to make delicious

Combines three protein sources: Whey, Egg and Complete Milk Protein

With more protein and less carbohydrates than similar products

**Protein Pancake Mix** is the best choice for preparing delicious rich in oats and protein pancakes because they has less carbohydrates than the rest of the products on the market and, of course, much more protein (nearly 31 %) per serving.

The most interesting of Protein Pancake Mix is the studied combination of ingredients, which combines whole oat flour with the best sources of protein: whey, egg and milk; thereby achieving an optimum supply of essential amino acids and a high biological value protein.

**Protein Pancake Mix** has been developed using whole egg powder, to get flavourful, tender and fluffy pancakes; the best texture you could try in protein pancakes. Its unique combination of proteins provides almost 31 % protein compared to 22% of other brands, adding all the flavour and nutrients egg. With Protein Pancake Mix you very fluffy pancakes without adding anything else.

To make **Protein Pancake Mix** a full and healthy food, we have used whole oat flour with the patented combination ModCarb™, to provide 44% carbohydrate that also allows us to obtain a product low in sugars.

Our patented ingredient ModCarb™ is rich in grains (such as amaranth and quinoa) with green certificates, has a low glycemic index and is also rich in mono and polyunsaturated fatty acids.

Protein Pancake Mix is aimed at all audiences, especially to all those people who care about their health and who need an extra supply of protein.

**Ingredients (Coco-White Choco):** 50% Oat Flour, 16% **Whey** Protein Concentrate, 10% Whole **Egg** Powder, Egg substitute (**Wheat** flour, **Whey** Protein Concentrate, Modified Starch), 4% **Milk** Protein Isolate, 2,5% **Egg** Albumen, 2% Grain and Seed Mixture<sup>1</sup> (**Oat** Bran, Quinoa, Amaranth, Buckwheat, Millet), Emulsifier: Lecithins (Sunflower); Raising Agents: Disodium Diphosphate, Sodium Carbonate; Fortified **Wheat** flour (**Wheat** flour, Calcium Carbonate, Iron, Niacin (Vitamin B3), Thiamin (Vitamin B1)), Flavour (**Milk**), 1% dried Coconut, Sodium chloride, Thickeners: Guar Gum, Xanthan Gum; Sweeteners: Acesulfame K, Sucralose. <sup>1</sup> As ModCarb®



Nutritional Information	per 100 g	per serving*
Energy	1689 kJ/ 401 Kcal	845 Kj / 200 Kcal
Fat	10 g	4,9 g
- of which saturates	3,8 g	1,9 g
Carbohydrates	44 g	22 g
- of which sugars	2,3 g	1,2 g
Fiber	5,1 g	2,6 g
protein	31 g	16 g
Salt	2,1 g	1 g

\* 50g powder mixed with 100 ml water



**DIRECTIONS:** Mix 50 g of powder (2 measuring scoops) with 100 ml of semi-skimmed milk (1,5% fat) or water in a shaker bottle. Let it settle for a few seconds.  
-Stove: add the mix to a hot pan with a little bit of oil.  
-Microwave: add the mixture to a microwavable bowl and cook for 1.5 minutes on full power (800 Watt). 1 serving equals to 2 pancakes.

**PRESENTATION:** Bag 300gr( 12 services)

**FLAVOR:** Coconut-White Choco