



Chocolate Chip

Wish you could eat chocolate chips every day and still stay fit with your nutrition? Now you can! Packed with sugar-free chocolate chips (sweetened with stevia) and loaded with pancake flavor you can now enjoy chocolate in your breakfast or dessert guilt free!

Nutrition Facts

Servings Size: 1 Heaping Scoop (51g)
1 Heaping Scoop makes Approximately 4 Pancakes.
Servings Per Container: 10 servings

Amount Per Serving

Calories 180 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 160mg 7%

Potassium 100mg 3%

Total Carbohydrate 15g 5%

Dietary Fiber 7g 28%

Sugars 3g

Sugar Alcohol 2g

Protein 25g 50%

Vitamin A 0% • Vitamin C 0%

Calcium 40% • Iron 6%

Phosphorus 20% • Magnesium 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Potassium 3,500mg 3,500mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Non-GMO Ingredients. Contains: Milk and tree nuts (coconut).

Manufactured on equipment that processes milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat and soybeans.

"I got my ABS eating Pancakes!"

DIRECTIONS:

Take 1 Heaping scoop of the ABS Protein Pancake Mix and add either 1 Whole Egg or 1/3 cup of liquid egg whites with 1/3 cup of unsweetened almond milk (may use your preferred milk source as a substitute). Mix all ingredients until batter is completely smooth. Set aside and let batter sit for 30-60 seconds. Spray a skillet or griddle with non-stick cooking spray and place on medium heat. Pour the ABS Protein Pancake batter into 3-4 pancakes and cook on one side for approximately 45-60 seconds before flipping. (Pancake is ready to flip when bubbly and edges are slightly golden brown). When ready, flip the pancake over on opposite side and cook for an additional 45-60 seconds. The protein pancakes are fully cooked when both sides are golden brown and fluffy. Remove from heat and let cool for a few minutes.

Topping Options: Sugar-Free Syrup, Almond Butter, Peanut Butter, Sugar-Free Spreads, and Any of the delicious recipes that can be found at www.ABSPancakes.com

Ingredients: Micellar casein, coconut flour, chocolate chips (maltitol, chocolate processed with alkali, cocoa butter, lecithin (soy) vanilla extract, milk) whey protein isolate, whey protein concentrate, milk protein isolate, natural flavor, gum blend, (cellulose gum, xanthan gum, carrageenan), sodium bicarbonate, stevia.

Consuming too many pancakes with dietary fiber may have unpleasant side affect.

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PROTEIN
pancakes



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