

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

At **AboutTime®**, we do not believe in sacrificing one good thing for another,

QUALITY PRODUCTS MADE IN USA

AboutTime® uses micro-filtered 100% whey protein isolate for each and

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

THE ABOUTTIME® CORE VALUES

AboutTime® is blended and packaged at our own facility in Pittsburgh, PA

TRYABOUTTIME.COM



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









PROTEIN **PANCAKES**



BUTTERMILK







CARBS

DIRECTIONS



1. Mix the Batter

1/4 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 start 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

270 **Calories**

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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	0%
Protein 28g	*:

Vitamin D 0mcg Calcium 256mg 20% 9% Iron 2mg Potassium 450mg 10%

* 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, Stevia

Contains milk. Produced in a facility that uses soy, peanut, tree nut, wheat and egg ingredients.

Manufactured & Distributed By: SDC Nutrition 170 Industry Dr, Pittsburgh, PA 15275 • 866-982-9439

NET WT. 1.5LBS (700G)