

**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 290 calories with 29g of carbs and contains 22g of protein!

-  SWEETENED WITH STEVIA
-  NO ARTIFICIAL COLORS OR FLAVORS
-  GLUTEN 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.

TRYABOUTTIME.COM



† 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

**PROTEIN
PANCAKES**



CINNAMON SPICE AT

NET WT. 1.5LBS (700G)



290
CALORIES

22g
PROTEIN

29g
CARBS

DIRECTIONS

-  **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.
-  **Heat the Griddle**
Preheat to 325° degrees.
-  **Pour the Batter**
Makes 2 six-inch pancakes.
-  **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	%Daily Value*
Calories 290	
Total Fat 10g	13%
Saturated Fat 3g	16%
Cholesterol 15mg	5%
Sodium 612mg	27%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	11%
Total Sugars 8g	**
Includes 6g Added Sugars	12%
Protein 22g	**
Vitamin D 0mcg	0%
Calcium 225mg	17%
Iron 2mg	13%
Potassium 445mg	9%

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

Ingredients: Gluten Free Oat Flour, Whey Protein Isolate, Buttermilk Powder, Flax Seed Powder, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Non-Fat Dry Milk, Soy Lecithin), Natural Flavors, Baking Powder, Sodium Chloride, Cinnamon, Baking Soda, Xanthan Gum, Stevia

Contains milk and soy (from cinnamon chips). Produced in a facility that uses peanut, tree nut, wheat and egg ingredients.

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