**Protein Bake Mix** is ideal for helping create simple and nutritious baked snacks. With a neutral flavour, Protein Bake Mix is versatile and can be used in either sweet or savoury recipes.

Made with a blend of high quality ingredients including whey protein for a light and fluffy texture, this ready-to-mix product is the smart choice for adding great nutrition to your favourite recipes. Protein Bake Mix is also high in protein, contains key minerals and fibre.

Protein Bake Mix has no added sugar, contains no artificial colours, flavours or sweeteners, is suitable for vegetarians and gluten-free.

DIRECTIONS FOR USE: To create a nutritious pancake, preheat a non-stick pan on low heat. Mix 24 g (2 scoops) of Protein Bake Mix with 30 ml (2 tbsp) of semi-skimmed milk (1.5 % fat) or 30 ml (2 tbsp) of water.

Once combined, pour the batter into the centre of the pan and spread the pancake out to your desired thickness.

Cook on a low heat for 2-3 minutes until the bottom is golden, then flip the pancake and repeat this step on the second side.

For more exciting recipes using Protein Bake Mix, simply follow the QR code above.

Scan for

recipes

Store with lid closed in a cool, dry place.

30-day money-back guarantee. This guarantee does not affect your statutory rights. This exclusively formulated product is only available through Herbalife Nutrition Independent Distributors.

Best before and lot number: See base of container

NET WEIGHT: 480 q



## Protein Bake Mix



Energy	466 kJ 403	kJ
400 kcal	111 kcal 96 k	cal
Fat 9.0 g	2.7 g 2.3	2 g
of which:		
saturates 3.6 g	1.2 g 0.9	9 g
mono-unsaturates 3.4 g	0.9 g 0.8	3 g
polyunsaturates 1.9 g	0.5 g 0.!	5 g
Carbohydrate	9 g 8	3 g
of which:		
sugars 2.6 g	2.1 g 0.0	5 g
Fibre 7.0 g	1.7 g 1.3	7 q
Protein		O g
Salt 2.1 g	0.6 g 0.!	5 g
MINERALS % RI**	% RI**	% RI**
Potassium	374 mg 19 % 326 ı	mg 16 %
Calcium	103 mg 13 % 66.2 i	mg 8 %
Phosphorus 1042 mg 149 %	278 mg 40 % 250 i	mg 36 %
Manganese 0.79 mg 40 %	0.19 mg 10 % 0.19 i	mg 9 %
Selenium 27 μg 49 %	6.5 μg 12 % 6.5	μg 12 %
Molybdenum 67 μg 133 %	17 μg 35 % 16	μg 32 %
* Per 1 serving of ready prepared pancake (approx. 48	g)	
** Reference intake		
<b>.</b>		
	## 400 kcal ## 500 g ## 500	saturates       3.6 g       1.2 g       0.9 g         mono-unsaturates       3.4 g       0.9 g       0.3 g         polyunsaturates       1.9 g       0.5 g       0.0 g         Carbohydrate       33 g       9 g       3 g         of which:       sugars       2.6 g       2.1 g       0.1 g         Fibre       7.0 g       1.7 g       1.7 g       1.7 g         Protein       44 g       11 g       11 g       11 g         Salt       2.1 g       0.6 g       0.9 g         MINERALS       % Ri**       % Ri**         Potassium       1358 mg       68 %       374 mg       19 %       .326 g         Calcium       276 mg       35 %       103 mg       13 %       66.2 g         Phosphorus       1042 mg       149 %       278 mg       40 %       .250 g         Manganese       0.79 mg       40 %       0.19 mg       10 %       0.19 g         Selenium       27 μg       49 %       6.5 μg       12 %       6.5 g         Molybdenum       67 μg       133 %       17 μg       35 %       16         * Per 1 serving of ready prepared pancake (approx. 48 g)       ***

Per 1 serving with semi-

Per 1 serving

with water\*

**Nutritional information** 

Per 100 a

Servings per container: 20

**INGREDIENTS:** whey protein concentrate (milk), gluten free whole oat flour, whole egg powder, calcium caseinate (milk), baking powder (raising agents (disodium diphosphate, potassium hydrogen carbonate), rice flour), gluten free wheat dextrin. Allergy advice: for allergens, see ingredients in **bold**.

GF Vegetarian

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SUGGESTION

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Overlap