

# Supergood!

BAKERY

## Wakey Wakey Protein Pancake Mix



serving suggestion

Flip into action with some  
soy protein power-ups

**12** Pancakes in  
12 minutes



## Ingredients

Flour blend (chickpea flour, tapioca flour, brown rice flour, buckwheat flour), **soy** protein powder, unrefined cane sugar, gluten-free baking powder (monocalcium phosphate, corn starch, sodium bicarbonate), cinnamon.

## Nutrition Information

Energy (per 100g) – 1409KJ/  
336kcal, Fat – 2.8g, Saturated –  
0.5g, Carbohydrate – 57g,  
Sugars – 18.1g, Fibre – 6.1g,  
Protein – 20.7g, Salt – 1.9g