

PANCAKE

[PROTEIN GUSTO]

BioTechUSA™

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HIGH PROTEIN CONTENT PANCAKE POWDER WITH SWEETENERS

Ingredients: rice flour, **whey protein concentrate**, hydrolysed protein, **whole egg powder**, **calcium caseinate**, **skimmed milk powder**, fat-reduced cocoa powder, **egg white powder**, flavourings, baking powder [raising agents (sodium carbonates, diphosphates), corn starch], raising agent (sodium carbonates), thickener (xanthan gum), sweetener (sucralose). Made in a plant that manufactures milk, egg, gluten, soy, crustaceans, sulphur dioxide and nuts containing foods. **Best before (day/month/year):** See in the white field (LOT/EXP). Store product tightly closed in a cool, dry place. After opening consume within 6 months.

NUTRITION FACTS

Serving size: **40 g** Servings per container: **12**

	100 g	RI**	40 g
		(100 g)	
Energy	1629 kJ / 385 kcal	19%	652 kJ / 154 kcal
Fat	5.2 g	7%	2.1 g
of which saturates	2.4 g	12%	1.0 g
Carbohydrate	34 g	13%	14 g
of which sugars	11 g	12%	4.4 g
Protein	50 g	100%	20 g
Salt	1.3 g	22%	0.52 g

** Reference intake of an average adult (8400 kJ/ 2000 kcal).

No added sugar. Contains naturally occurring sugars.



* BioTechUSA operates FSSC 22000 food safety management system, ISO 9001:2008 quality management system and ISO 22000:2005 food safety management system certified by NQA. The facility is HACCP, GMP, HALAL certified.

BioTechUSA™

Distributed by BioTech USA Kft.
1033 Budapest, Kiscsikós köz 11., Hungary

LOT/EXP



Origin: EU
Net weight:

480 g

ARE YOU LOOKING FOR A DIET FULL OF TASTE?

Protein Gusto is a product line of functional food with high protein content. The line includes several delicious and nutritious products that are easy to prepare and will perfectly fit into your diet.

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DO YOU LIVE A HEALTHY LIFESTYLE AND PAY ATTENTION TO YOUR NUTRITION?

You deserve a yummy pancake then! Stay in shape with the chocolate flavoured protein pancake that contains only 154 calories and 20 g protein per serving!

Recommended use:

Mix 1 serving (40 g = 3 heaped tablespoons) product with 50 ml water and rest it for a minute. Heat a frying pan over medium heat and add a small amount of oil. Then add the batter to the pan and fry both sides for 1-1 minute. This amount is enough for 2-3 small pancakes or for a big one.

Serving suggestion:

Make your chocolate flavoured Protein Gusto Pancake more delicious: serve it with some fresh fruits and syrup. Always take sugarfree and low-fat versions of the added items to fit into your diet.

ENJOY YOUR MEAL!



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480g



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FURTHER RECIPE IDEA:

----- Pear and chocolate muffins -----

Ingredients:

50 g chocolate flavoured
BioTechUSA Protein Gusto Pancake
50 g wholemeal spelt or oat flour
20 g coconut fat
1 egg
100 ml plain yoghurt
1 tsp baking soda
1 tsp low-fat black cocoa powder
20 g erythritol / birch sugar
100 g pear, cubed
20 g sugar-free dark chocolate with
high cocoa content, chopped

Preheat oven to 180°C (160°C for convection oven). In a bowl, mix pancake powder, flour, baking soda, cocoa powder and sweetener. In another bowl, mix coconut fat, egg and yoghurt. When ready, mix the two mixtures and add fruit and chocolate pieces. Spread dough evenly in 6 silicon muffin cups and bake in preheated oven for about 10-15 minutes until cake tester comes out clean. Enjoy!