

PANCAKE

**[PROTEIN GUSTO]**

BioTechUSA™

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HIGH PROTEIN CONTENT PANCAKE POWDER WITH SWEETENERS

**Ingredients:** rice flour, **whey protein concentrate**, hydrolysed protein, **skimmed milk powder**, **whole egg powder**, **calcium caseinate**, **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)	
<b>Energy</b>	1669 kJ /394 kcal	20%	668 kJ /158 kcal
<b>Fat</b>	4.6 g	7%	1.8 g
<b>of which saturates</b>	2.0 g	10%	0.8 g
<b>Carbohydrate</b>	35 g	13%	14 g
<b>of which sugars</b>	13 g	14%	5.2 g
<b>Protein</b>	53 g	106%	21 g
<b>Salt</b>	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 vanilla flavoured protein pancake that contains only 158 calories and 21 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 until golden brown. This amount is enough for 2-3 small pancakes or for a big one.

Serving suggestion:

Make your vanilla 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:

Sour cherry muffins

Ingredients:

- 50 g vanilla flavoured BioTechUSA Protein Gusto Pancake
- 50 g whole grain spelt wheat or oat flour
- 20 g coconut fat
- 1 egg
- 100 ml plain yoghurt
- 1 tsp baking soda
- 20 g erythritol / birch sugar
- 120 g sour cherry (fresh or deep-frozen)

Preheat oven to 180°C (160°C for convection oven). In a bowl, mix pancake powder, flour, baking soda and sweetener. In another bowl mix coconut fat, egg and yoghurt. When ready, mix the two mixtures and add fruit. 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!