

Nothing says breakfast like a big, golden, waffle covered with delicious toppings. With 22 grams of complete protein in every serving, FitQuick was born from this belief: that the perfect, classic, breakfast shouldn't sacrifice a thing. We believe that your meal should serve your goals, your tastebuds, and your schedule so easily that it fits your daily routine. This high protein, low carbohydrate, high fiber, nutrient packed mix meets everything you could want to kick start your day, while remaining true to it's waffle roots.

Instructions:

Whisk two level scoops of FitQuick dry mix thoroughly with a half cup of non-dairy milk. Then let sit for two minutes before adding to an oiled waffle maker. Cook on medium for eight to ten minutes or until waffle is golden brown, stops steaming, and is fully cooked. For pancakes: simply mix according to waffle directions. Then, using a 1/8th cup measurement, spoon into a pre-heated pan on medium high and cook until surface of pancakes have some bubbles and becomes firm, about two or three minutes. Flip carefully with a thin spatula and cook until golden brown, and firm on both sides. Enjoy!

Proudly made in
Oakland, California.

Nutrition Facts

Serving Size 2 scoops (60g)

Serving Per Container

Amount Per Serving

Calories 200

% Daily Values*

Total Fat 5g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 98mg **4%**

Total Carbohydrate 20g **7%**

Dietary Fiber 7g **28%**

Sugars 3g

Protein 22g **44%**

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients:

Chickpea Flour, Non-GMO Gemma Pea/Rice Protein Isolate, White Chocolate Chips (Sugar, Vegetable Oil, Soy Flour, Emulsifiers [Mono and Diglycerides], Polyglycerol Polyracinate, Soy Lecithin, Cocoa Butter, Salt, Flavors [Vegan], Vanillin), Organic Orange Peel Powder, Flax Seed, Baking Powder, and Natural Flavors



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