

Nutrition Facts Valeur nutritive

Per 2 pancakes (73 g)
pour 2 crêpes (73 g)

Calories 140	% Daily Value*
Fat / Lipides 3 g	4 %
Saturated / saturés 0.4 g	2 %
Trans / trans 0 g	
Carbohydrate / Glucides 13 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 10 mg	
Sodium 270 mg	12 %
Potassium 40 mg	1 %
Calcium 50 mg	4 %
Iron / Fer 1.25 mg	7 %

*% Daily Value is a target. 10% or more is a lot.

*% Valeur nutritionnelle est une cible. 10% ou plus est beaucoup.

Ingredients: Water, Enriched flour, Wheat gluten, Vital wheat gluten, Sugar, Canola and/or soybean oils, Whey protein concentrate, Leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), Casein, Whey protein isolate, Dried whole egg, Soy lecithin, Natural Flavour, Salt, Herb A (stevia leaf extract).

Conténa: Barley, Egg, Milk, Soy, Wheat.
Ingédients: Eau, farine enrichie, Gluten de blé, Gluten de blé vitalique, Sucre, Huiles de canola et/ou de soja, Concentré de protéine de lactosérum, Levain (bicarbonate de sodium, pyrophosphate acide de sodium, phosphate monocalcique), Caséine, Isolat de protéine de lactosérum, Poudre d'œuf entier, Lécithine de soja, Saveur naturelle, Sel, Herb A (extraits de feuilles de stévia), Conténa: Blé, Lait, Œuf, Orge, Soja.

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At Premier Protein®, our mission is to inspire optimism on the journey to becoming a happier, healthier you. With our unbeatable taste, Premier Protein® Pancakes are a perfect way to kickstart your day.

Chez Premier Protein®, notre mission est d'inspirer l'optimisme pour le chemin qui mène à un soi-même plus heureux et en meilleure santé. Avec notre goût imbattable, les crêpes Premier Protein® sont un moyen idéal de démarrer votre journée.

HEATING INSTRUCTIONS/MODE DE RÉCHAUFFAGE :



MICROWAVE (1100 W) MICRO-ONDES (1 100 W)

1. Remove frozen pancakes from the wrapper.
Retirer les crêpes congelées de l'emballage.
2. Stack desired number of pancakes on a microwave safe dish. Cover with paper towel.
Empiler la quantité désirée dans une assiette adéquate au micro-ondes. Couvrir avec un essuie-tout.
3. Heat on High according to the number of pancakes heated. For even heating, flip the stack halfway through cook time.
Chauffer à intensité maximale selon la quantité de crêpes. Pour un réchauffage uniforme, tourner les crêpes à la mi-cuisson.

1 PANCAKE
25 seconds
1 crêpe
25 secondes

2 PANCAKES
30 seconds
2 crêpes
30 secondes

3 PANCAKES
1:20 minutes
3 crêpes
1:20 minutes

Microwave heating instructions developed using 1100 watt microwave.
Distributing time longer pancakes to 1:40min.
Les instructions de réchauffage sont pour un micro-ondes de 1 100 watts.
Long chauffer pour dans les crêpes.

KEEP FROZEN UNTIL READY TO USE.
DO NOT EXPOSE TO HEAT IMMEDIATELY AFTER COOKING. FOLLOW PREPARATION INSTRUCTIONS.
DO NOT CONSUME IF PACK IS UNCLOSED.

GARDEZ CONGELÉ JUSQU'À CONSOMMATION.

NE PAS EXPOSER À CHALEUR IMMÉDIATEMENT APRÈS LA CUISSON.
NE PAS CONSOMMER SI L'EMBALLAGE N'EST PAS IMMÉDIATEMENT RECHÉVÉ.



CONVENTIONAL OVEN FOUR ORDINAIRE

1. Preheat oven to 375°F/190°C.
Préchauffer le four à 375 °F / 190 °C.
2. Remove frozen pancakes from wrapping and place in a single layer on a baking sheet.
Retirer les crêpes congelées de leur emballage et en étaler une couche sur une plaque à pâtisserie.
3. Cover the pancakes with foil and bake until warm.
Couvrir les crêpes de papier d'aluminium et les chauffer jusqu'à ce qu'elles soient chaudes.
4. A half full baking sheet of pancakes, heat for 9-12 minutes.
For a full baking sheet heat for 10-12 minutes.
Chauffer une demi-plaque à pâtisserie de crêpes pendant 9 à 12 minutes. Chauffer une plaque pleine pendant 10 à 12 minutes.



HEATING SUGGESTION
PRÉPARATION SUGGÉRÉE

KEEP FROZEN
GARDER CONGELÉ

ENLARGED TO SHOW TEXTURE
AGRANDIR POUR MONTRER LA TEXTURE



Protein Breakfast Same Day Delivery Tutorial

Judd E. Hollander



Protein Breakfast Same Day Delivery Tutorial:

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a book on self medication but a guide to help those who want to apply nutrition to their treatment and to help correct irrational nutritional choices of the past A doctor should be consulted prior to implementing the suggestions offered in this book kbc Parenting Guide to Pregnancy & Childbirth Paula Spencer,1998 Sourcebook covering pregnancy and childbirth from conception through the first weeks of a baby s life Includes information on physical and emotional changes during pregnancy fetal development eating and fitness special situations work concerns and newborn basics **The Total Guide to a Healthy Heart** Seth J. Baum,2000 In an easy to read friendly manner and using case studies to emphasize his points a triple board certified cardiologist presents the best conventional and alternative strategies for preventing and reversing heart disease

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