



## SUPPLEMENT FACTS

Serving Size: 30 g (1 scoop)  
Servings per container: 16  
Flavour: Milk Chocolate

### Typical Nutritional Values

|                 | / 30 g           | / 100 g           |
|-----------------|------------------|-------------------|
| Energy          | 528 kJ/ 126 kcal | 1759 kJ/ 420 kcal |
| Fat             | 4,80 g           | 15,98 g           |
| - Saturates     | 1,52 g           | 5,08 g            |
| Carbohydrates   | 10,52 g          | 35,05 g           |
| - Sugars        | 0,74 g           | 2,47 g            |
| <b>Proteins</b> | <b>11,26 g</b>   | <b>37,54 g</b>    |
| Salt            | 0,23 g           | 0,77 g            |

**INGREDIENTS:** oat flour (contains **gluten**), egg powder, whey protein isolate (contains **milk**, emulsifier E322), **milk** protein concentrate, cocoa powder (theobroma cacao) 4%, dextrose, flavour, cocoa extract (theobroma cacao), fructose, sodium chloride, thickeners: E466/E415, sweeteners: E950/E955, raising agent: E500(ii), cinnamon extract (cinnamomum cassia).

**ALLERGEN INFORMATION:** milk, egg, gluten.

## MULTIPURPOSE MIX LOW SUGAR

BELGIAN WAFFLES PROTEIN are high rated protein waffles (Whey Isolate) with low sugar and calories. They are recommended in a weight loss program or in a high protein need (e.g. for sports results) or even for maintaining muscle tone.

- ▶ HIGH RATE PROTEIN WITH WHEY ISOLATE
- ▶ LOW SUGAR
- ▶ FLAVOURS: MILK CHOCOLATE, WHITE CHOCOLATE
- ▶ PACKAGING: 480 G
- ▶ USE: FOR ONE WAFFLE, FILL A SHAKER WITH 60ML WATER OR SKIMMED MILK AND ADD ONE SCOOP (30G) OF THE MIX. SHAKE THE MIXTURE THOROUGHLY AND POUR IT IN A WAFFLE IRON. BAKE THE WAFFLE.

