

Product Type	Variety	Grams of Protein on the front Label
Flapjack & Waffle Mixes		
Power Cakes Flapjack & Waffle Mix	Buttermilk	14g
Power Cakes Flapjack & Waffle Mix	Carb-Conscious Buttermilk	14g
Plant-Based Flapjack and Waffle Mix	Classic	12g
Power Cakes Flapjack & Waffle Mix	Cinnamon Oat	14g
Power Cakes Flapjack & Waffle Mix	Dark Chocolate	14g
Power Cakes Flapjack & Waffle Mix	Almond Poppy Seed	14g
Power Cakes Flapjack & Waffle Mix	Chocolate Chip	14g
Power Cakes Flapjack & Waffle Mix	Strawberry Chocolate Chip	14g
Power Cakes Flapjack & Waffle Mix	Peanut Butter	14g
Gluten-Free Flapjack & Waffle Mix	Frontier Oat	13g* ¹
Power Cups		
Flapjack Power Cup	Blueberry & Maple	12g
Flapjack Power Cup	Buttermilk & Maple	10g
Flapjack Power Cup	Chocolate Chip & Maple	12g
Flapjack Power Cup	S'mores	12g
Flapjack Power Cup	Cinnamon & Maple	12g
Flapjack Power Cup	Chocolate Peanut Butter	12g
Gluten-Free Flapjack Power Cup	Buttermilk & Maple	12g
Muffin Power Cup	Pumpkin Dark Chocolate	12g
Muffin Power Cup	Double Dark Chocolate	10g
Muffin Power Cup	Cinnamon Chocolate Chip	12g
Muffin Power Cup	Apple Cinnamon	10g
Muffin Power Cup	Blueberry	12g
Muffin Power Cup	Cinnamon Roll	12g
Muffin Power Cup	Almond Poppy Seed	10g
Oatmeal Power Cup	Maple & Brown Sugar	14g
Oatmeal Power Cup	Peanut Butter Chocolate Chip	14g
Oatmeal Power Cup	Cinnamon	14g

¹ Asterisk indicates that the front label claim states “# g protein as prepared.” These products list different amounts of protein in the Nutrition Facts Panel.

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Oatmeal Power Cup	Classic Oats	12g
Oatmeal Power Cup	Chocolate Chip	14g
Oatmeal Power Cup	Blueberries & Cream	14g
Oatmeal Power Cup	Caramel	14g
Oatmeal Power Cup	Strawberry Dark Chocolate	14g
Brownie Power Cup	Chocolate Peanut Butter	10g
Brownie Power Cup	Chocolate Fudge	10g
Cornbread Power Cup	Homestead Style	10g
Toaster Waffles & Flapjacks		
Protein-Packed Thick & Fluffy Power Waffles	Blueberry	10g
Protein-Packed Thick & Fluffy Power Waffles	Buttermilk & Vanilla	10g
Protein-Packed Thick & Fluffy Power Waffles	Chocolate Chip	10g
Protein-Packed Power Waffles	Dark Chocolate	12g
Protein-Packed Power Waffles	Buttermilk & Vanilla	12g
Protein-Packed Power Waffles	Cinnamon	12g
Protein-Packed Power Waffles	Chocolate Chip	12g
Protein-Packed Power Waffles	Blueberry	12g
Protein-Packed Power Waffles	Homestead Style	12g
Protein-Packed Power Flapjacks	Buttermilk	14g
Protein-Packed Power Flapjacks	Chocolate Chip	14g
Protein-Packed Power Flapjacks	Maple & Brown Sugar	14g
Baking Mixes		
Protein-Packed Muffin Mix	Blueberry Lemon	15g*
Protein-Packed Muffin Mix	Double Dark Chocolate	15g*
Protein-Packed Muffin Mix	Chocolate Chip	15g*
Protein-Packed Muffin Mix	Blueberry	15g*
No-Bake Protein Ball Bite Mix	Oatmeal Chocolate Chip	10g*
No-Bake Protein Ball Bite Mix	Oatmeal Dark Chocolate	10g*
Protein-Packed Brownie Mix	Chocolate Chip Blondie	8g*
Protein-Packed Brownie Mix	Chocolate Fudge	8g*
Protein-Packed Cornbread Mix	Homestead Style	10g*

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Oatmeal		
Protein Oats	Classic Rolled Oats	10g
Protein-Packed Oatmeal	Maple & Brown Sugar	12g
Protein-Packed Oatmeal	Cinnamon	12g
Protein-Packed Oatmeal	Strawberries & Cream	12g
Protein-Packed Oatmeal	Peaches & Cream	12g
Protein-Packed Oatmeal	Chocolate Chip	12g
Protein-Packed Oatmeal	Blueberries & Cream	12g
Snacks		
Protein-Packed Crunchy Granola Bars	Oats & Honey	10g
Protein-Packed Crunchy Granola Bars	Peanut Butter	10g
Protein-Packed Crunchy Granola Bars	Maple & Brown Sugar	10g
Protein-Packed Crunchy Granola Bars	Chocolate Chip	10g
Protein-Packed Bear Bites (Graham Crackers)	Honey	5g
Bear Bites Graham Crackers	Chocolate	5g
Bear Bites Graham Crackers	Cinnamon	5g