

CHOCOLATE BROWNIE

Unsweetened Almond Milk, Cacao, Vanilla
& Chia Seeds with 30g Vanilla Whey Protein

UNSWEETENED
ALMOND MILK

CACAO

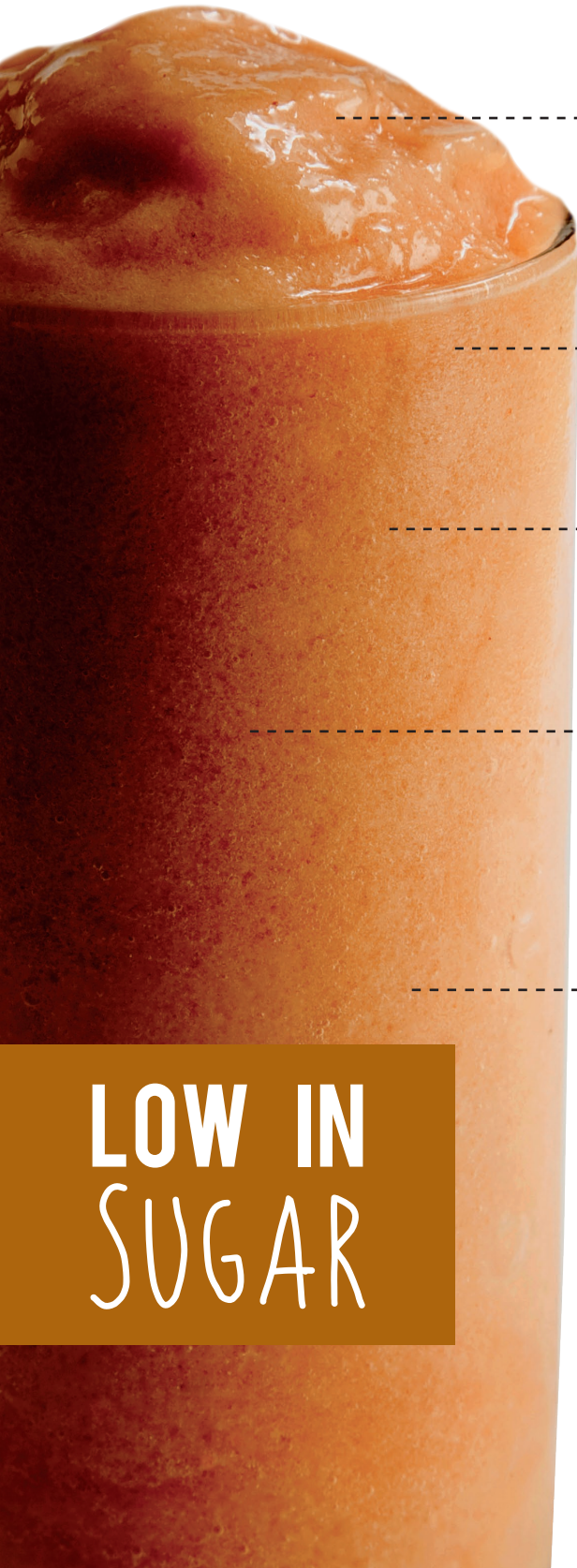
VANILLA

PROTEIN

CHIA
SEEDS

HIGH IN
OMEGA 3s

LOW IN
SUGAR



"CHOCOLATE BROWNIE"

6 OZ	UNSWEETENED CHOCOLATE ALMOND MILK
1 TSP	CHIA SEEDS
2 TBSPS	GROUND CACAO POWDER
1½ SCPS	VANILLA WHEY PROTEIN
1 TSP	HONEY (OPTIONAL)
¼ TSP	VANILLA EXTRACT
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (382g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 220mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 2mcg	10%
Calcium 407mg	30%
Iron 2mg	10%
Potassium 344mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	