PALEO PUMPKIN



"PALEO PUMPKIN"

8 OZ UNSWEETENED VANILLA ALMOND MILK

FREEZE-DRIED BANANA PIECES 4

(OR 2" FRESH BANANA)

1½ SCPS DRIED PUMPKIN

1/2 **SCP** FREEZE-DRIED SPINACH

1/4 TSP **CINNAMON**

1 TSP FLAX SEED OIL

1½ SCPS VANILLA PLANT PROTEIN

16 OZ ICE

| N | u | tri | ti | 0 | n | F | a | C | ts |
|------------------------|---|-----|----|---|---|---|---|---|----|
| servings per container | | | | | | | | | |

servings per container

Serving size 20 fl. oz. (591 ml) (531g)

| Amou | nt per | serving |
|------|--------|---------|
| Cal | ori | es |

| Calories | 440 |
|------------------------|------------------|
| | % Daily Value* |
| Total Fat 13g | 17% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 210mg | 9% |
| Total Carbohydrate 48g | 17% |
| Dietary Fiber 12g | 43% |
| Total Sugars 12g | |
| Includes 0g Added S | ugars 0 % |
| Protein 35g | |
| Vitamin D 3mcg | 15% |
| Calcium 391mg | 30% |
| Iron 4mg | 20% |
| Potassium 1563mg | 35% |

*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.