

# APPLE OF MY EYE

Your taste buds will be tricked into loving this shake and your body will love you for drinking it!

## APPLES

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## STRAWBERRIES

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## BANANA

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IMPROVES  
**MEMORY**

GREAT SOURCE OF  
**FIBER**



# “APPLE OF MY EYE”

8 OZ DR. SMOOTHIE APPLE PUREE/WATER MIX  
4 FREEZE DRIED BANANA PIECES  
16 OZ ICE  
3-4 STRAWBERRIES (PULSE IN THE END)

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 360		Calories from Fat 15	
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	30mg		1%
Total Carbohydrate	66g		22%
Dietary Fiber	3g		12%
Sugars	54g		
Protein	21g		
Vitamin A 0% • Vitamin C 45%			
Calcium 2% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			