

# CHERRY CHILLER

Drink this Sweet & Tart Shake for a  
balanced blend of Vitamins & Nutrients!

EXCELLENT SOURCE OF  
**FIBER**

**CHERRIES**  
**CRANBERRIES**  
**STRAWBERRIES**  
**BANANA**

HIGH IN  
**ANTIOXIDANTS**



# “CHERRY CHILLER”

8 OZ	DR. SMOOTHIE NORTHWEST CRANBERRY
	CHERRY PURÉE/WATER MIX
4	FREEZE-DRIED BANANA PIECES
	(OR 3" FRESH BANANA)
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 310		Calories from Fat 5	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 55mg		2%	
Total Carbohydrate 77g		26%	
Dietary Fiber 3g		12%	
Sugars 69g			
Protein 2g			
Vitamin A 0%		Vitamin C 45%	
Calcium 4%		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			