

BLUEBERRY PARFAIT

Blueberries, Bananas, Vanilla Yogurt, More Blueberries
& Berry Coconut Granola with 20g Vanilla Whey Protein

RICH IN
ANTIOXIDANTS

BLUEBERRIES

BANANA

**VANILLA
YOGURT**

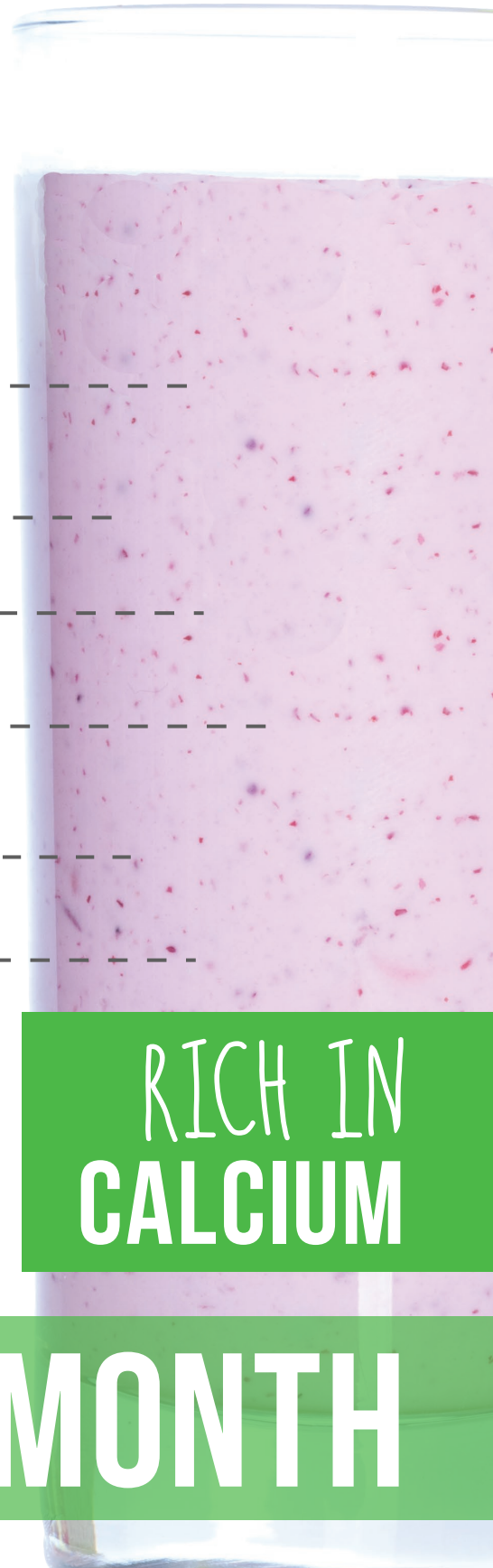
GRANOLA

COCONUT

PROTEIN

RICH IN
CALCIUM

SHAKE OF THE MONTH



“BLUEBERRY PARFAIT”

6 OZ	BLUEBERRY BANANA PURÉE/WATER MIX
½ SCP	FREEZE-DRIED BLUEBERRIES
½ SCP	POWDERED YOGURT
½ SCP	BERRY COCONUT GRANOLA
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (456g)
Amount per serving	
Calories	440
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 72g	26%
Dietary Fiber 3g	11%
Total Sugars 60g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 183mg	15%
Iron 1mg	6%
Potassium 347mg	8%
<small>*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.</small>	