

TRAIL MIX LITE

Unsweetened Almond Milk, Almond Butter, Banana,
Apple Cinnamon Granola & 30g Vanilla Whey Protein

PACKED WITH
PROTEIN

ALMOND
MILK

BANANA

ALMOND BUTTER

GRANOLA

PROTEIN

GOOD SOURCE OF
POTASSIUM

SHAKE OF THE MONTH



"TRAIL MIX LITE"

20oz. RECIPE

6 OZ	UNSWEETENED VANILLA ALMOND MILK
4	FREEZE-DRIED BANANA PIECES (OR 2" FRESH BANANA)
2 SCPS	ALMOND BUTTER
½ SCP	APPLE CINNAMON GRANOLA
1½ SCPS	VANILLA WHEY PROTEIN
¼ TSP	CINNAMON
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (416g)
Amount per serving	
Calories	460
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 230mg	10%
Total Carbohydrate 28g	10%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 2mcg	10%
Calcium 465mg	35%
Iron 2mg	10%
Potassium 671mg	15%
*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.	

12oz. RECIPE

4 OZ	UNSWEETENED VANILLA ALMOND MILK
2	FREEZE-DRIED BANANA PIECES (OR 1" FRESH BANANA)
1 SCP	ALMOND BUTTER
¼ SCP	APPLE CINNAMON GRANOLA
1 SCP	VANILLA WHEY PROTEIN
⅛ TSP	CINNAMON
7 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml) (255g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 150mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 1mcg	6%
Calcium 293mg	25%
Iron 1mg	6%
Potassium 388mg	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.	