

# PB & JAM

Unsweetened Almond Milk, Strawberries, Peanut Butter  
& Oats with Vanilla Whey Protein



— RICH IN ANTIOXIDANTS —

# “PB & JAM”

3 oz	Dr. Smoothie Strawberry Purée/Water Mix
3 oz	Unsweetened Vanilla Almond Milk
2 scps	Freeze-Dried Strawberries
1 scp	Peanut Butter
1 scp	Rolled Oats
1 scp	Vanilla Whey Protein
12 oz	Ice

Nutrition Facts	
1 serving per container	
Serving size 20 fl oz (591mL)	
Amount Per Serving	
Calories	490
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 55mg	2%
Total Carbohydrate 50g	18%
Dietary Fiber 8g	29%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 410mg	30%
Iron 1.8mg	10%
Potassium 9860mg	210%
* The % Daily Value (DV) 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.	

\*Nutrition Panel Reflects Use of a 1:1 Purée/Water Ratio