



# Nutrition Facts

Serving Size (16g)  
Servings Per Container 1

## Amount Per Serving

**Calories** 230 Calories from Fat 15

**% Daily Values\***

**Total Fat** 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 13mg **4%**

**Sodium** 195mg **8%**

**Total Carbohydrate** 38g **13%**

Dietary Fiber 2g **8%**

Sugars 36g

**Protein** 14g **28%**

Vitamin A 28% • Vitamin C 70%

Calcium 47% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

|                    |           | 2,000  | 2,500  |
|--------------------|-----------|--------|--------|
| Total Fat          | Less than | 65g    | 80g    |
| Sat Fat            | Less than | 20g    | 25g    |
| Cholesterol        | Less than | 300mg  | 300mg  |
| Sodium             | Less than | 2400mg | 2400mg |
| Total Carbohydrate |           | 300g   | 375g   |
| Dietary Fiber      |           | 25g    | 30g    |

larger quantity extension

## (Base Recipe)

**Servings-Portion Size:** 10 - 16 oz Smoothies

| Ingredients:              | Amount: |
|---------------------------|---------|
| Milk, fat-free or low-fat | 80 oz   |
| Yogurt, vanilla, low-fat  | 40 oz   |
| Frozen fruit, pureed      | 5 cups  |

