



**RASPBERRY SMOOTHIES –
non dairy**

Ingredients: Raspberry Puree, Water,
Sugar, Natural Flavor, Citric Acid,
Ascorbic acid (Vitamin C).

**Caramel Latte Coffee
Smoothie**

Ingredients: Non fat Milk, Sugar,
Cream, Coffee Extract, Nonfat Dry
Milk, Natural & Artificial Flavors, Milk,
cocoa (processed with alkali),
Mono&diglycerides, Guar Gum,
Tripotassium Phosphate, Disodium
Phosphate, Carrageenan, Locust

NUTRITIONAL FACTS	
Serving Size: 16 oz. (482g)	
Amount Per Serving	
Calories: 350	Calories From Fat: 0
<i>% Daily Value*</i>	
Total Fat: 0g	0%
Saturated Fat: 0g	0%
Cholesterol: 0mg	0%
Sodium: 0mg	0%
Total arbohydrates:88.6g	30%
Dietary Fiber 2.3g	9%
Sugars 72g	
Protein: 0g	
Vitamin A 0%	Vitamin C 120%
Calcium 0%	Iron 4%
* Percent Daily Values are based on a 2000 calorie. Your daily values may be higher or lower depending on your calorie needs.	

NUTRITIONAL FACTS	
Serving Size: 16 oz. (482g)	
Amount Per Serving	
Calories: 540	Calories From Fat: 200
<i>% Daily Value*</i>	
Total Fat: 22g	34%
Saturated Fat: 18g	90%
Cholesterol: 80mg	28%
Sodium: 180mg	4%
Total Carbohydrates:78g	26%
Dietary Fiber 8g	32%
Sugars 64g	
Protein: 8g	
Vitamin A 0%	Vitamin C 20%
Calcium 20%	Iron 0%
* Percent Daily Values are based on a 2000 calorie. Your daily values may be higher or lower depending on your calorie needs.	

PEACH SMOOTHIE- non dairy

NUTRITIONAL FACTS	
Serving Size: 16 fl. oz.	
Amount Per Serving	
Calories: 348	Calories From Fat: 38
<i>% Daily Value*</i>	
Total Fat: 3g	4%
Saturated Fat: 2g	8%
Cholesterol: 6mg	3%
Sodium: 61mg	3%
Total Carbohydrates: 76g	22%
Dietary Fiber 2g	4%
Sugars 67g	
Protein: 4g	
Vitamin A 58%	Vitamin C 130%
Calcium 0%	Iron 0%
<p><i>* Percent Daily Values are based on a 2000 calorie. Your daily values may be higher or lower depending on your calorie needs.</i></p>	

Ingredients: Peach Puree, Water, Sugar, Natural Flavors, Citric Acid, Ascorbic Acid (used for vitamin C)

NUTRITIONAL FACTS	
Serving Size: 16 fl. oz.	
Amount Per Serving	
Calories: 350	Calories From Fat: 0
<i>% Daily Value*</i>	
Total Fat: 0g	0%
Saturated Fat: 0g	
Cholesterol: 0mg	0%
Sodium: 0mg	0%
Total Carbohydrates: 91g	30%
Dietary Fiber 2.3g	9%
Sugars 84g	
Protein: 2.3g	

Vitamin A 79%	Vitamin C 120%
Calcium 0%	Iron 0%
<i>* Percent Daily Values are based on a 2000 calorie. Your daily values may be higher or lower depending on your calorie needs.</i>	