

BANANA BREAD BATTER

Unsweetened Vanilla Almond Milk, Potassium-Rich Banana, Sweet Potato, Vanilla Cream, Oatmeal, & Raisins blended with 20g Vanilla Whey Protein

ALMOND
MILK

GREAT SOURCE OF
POTASSIUM

BANANA

SWEET POTATO

VANILLA
CREAM

OATMEAL

RAISINS

PROTEIN

RICH IN
VITAMIN A



“BANANA BREAD BATTER”

6 OZ	UNSWEETENED VANILLA ALMOND MILK
1 SCP	FREEZE-DRIED SWEET POTATO
½ SCP	VANILLA CREAM (OR YOGURT LOVER’S CHOICE)
1 SCP	OATS
4	FREEZE DRIED BANANA PIECES (OR 3" FRESH BANANA)
½ SCP	RAISINS (OPTIONAL)
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 400	Calories from Fat 70		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 260mg			11%
Total Carbohydrate 59g			20%
Dietary Fiber 6g			24%
Sugars 17g			
Protein 26g			
Vitamin A 45%		Vitamin C 15%	
Calcium 15%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4