

PUMPKIN PARFAIT

Unsweetened Vanilla Almond Milk with Creamy Yogurt, Fiber-Rich Pumpkin, Organic Hemp Granola, Cinnamon, Vanilla & 'Get Recovered' blended with 20g Vanilla Whey Protein

FIBER RICH

ALMOND MILK

VANILLA YOGURT

PUMPKIN

ORGANIC HEMP GRANOLA

GET RECOVERED

CINNAMON

VANILLA

PROTEIN



GOOD SOURCE OF
ANTIOXIDANTS

“PUMPKIN PARFAIT”

6 OZ	UNSWEETENED VANILLA ALMOND MILK
½ SCP	YOGURT LOVER’S CHOICE
1 SCP	FREEZE-DRIED PUMPKIN
1 SCP	ORGANIC HEMP PLUS GRANOLA
½ SCP	GET RECOVERED
½ TSP	CINNAMON
½ TSP	VANILLA EXTRACT
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 45	
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			% Daily Value*
Total Fat 5g			8%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 250mg			10%
Total Carbohydrate 68g			23%
Dietary Fiber 3g			12%
Sugars 41g			
Protein 23g			
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Vitamin A 4%		Vitamin C 15%	
Calcium 15%		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:			
	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			