

# BLUEBERRY BANANA BURST

A Bright mixture of Antioxidant-Rich  
Blueberries & Banana blended with  
10g Vanilla Whey Protein

HIGH IN  
**FIBER**

**CRUSHED  
BLUEBERRIES**

**PROTEIN**

**BANANA**

**WHOLE BLUEBERRIES**

**IMPROVES  
MEMORY**



# “BLUEBERRY BANANA BURST”

4 OZ	DR. SMOOTHIE BLUEBERRY BANANA PURÉE/WATER MIX
3	FREEZE-DRIED BANANA PIECES (OR 2" FRESH BANANA)
½ SCP	VANILLA WHEY PROTEIN
7 OZ	ICE
1 SCP	BLUEBERRIES (PULSE IN THE END)

Nutrition Facts			
Serving Size 12 fl. oz. (354 ml)			
Servings Per Container			
Amount Per Serving			
Calories 230		Calories from Fat 10	
		% Daily Value*	
Total Fat 1g		2%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 10mg		0%	
Total Carbohydrate 45g		15%	
Dietary Fiber 2g		8%	
Sugars 37g			
Protein 11g			
Vitamin A 2%		• Vitamin C 15%	
Calcium 2%		• 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			