

# KID'S CLASSIC

A Sweet & Citrusy mix create this Favorite of Strawberries blended with Potassium-Rich Banana

NUTRIENT  
DENSE

CRUSHED  
STRAWBERRIES

BANANAS

WHOLE  
STRAWBERRIES

PACKED WITH  
VITAMIN C

# “KID’S CLASSIC”

- 6 OZ DR. SMOOTHIE STRAWBERRY  
PURÉE/WATER MIX
- 3 FREEZE-DRIED BANANA PIECES  
(OR 2" FRESH BANANA)
- ¼ TSP LEMON EXTRACT OR FREEZE-DRIED LEMON  
(OPTIONAL)
- 10 OZ ICE

<b>Nutrition Facts</b>			
Serving Size 12 fl. oz. (354 ml)			
Servings Per Container			
Amount Per Serving			
<b>Calories</b> 220	Calories from Fat 5		
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			<b>% Daily Value*</b>
<b>Total Fat</b> 0g			<b>0%</b>
Saturated Fat	0g	<b>0%</b>	
Trans Fat	0g		
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 10mg			<b>0%</b>
<b>Total Carbohydrate</b> 53g			<b>18%</b>
Dietary Fiber	3g	<b>12%</b>	
Sugars	48g		
<b>Protein</b> 1g			
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Vitamin A 2%	• Vitamin C 60%		
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			