

PIÑA COLADA

You'll feel like you just stepped
on to a tropical beach!



PINEAPPLE

GOOD SOURCE OF
VITAMIN C

COCONUT

BANANA



MAINTAINS
HEART FUNCTION

“PIÑA COLADA”

8 OZ	DR. SMOOTHIE PINEAPPLE PARADISE
	PURÉE/WATER MIX
4	FREEZE-DRIED BANANA PIECES
	(OR 3" FRESH BANANA)
16 OZ	ICE
1 TSP	COCONUT FLAKES
	(PULSE IN THE END)

Nutrition Facts

Serving Size 20 fl. oz. (591 ml)
Servings Per Container

Amount Per Serving

Calories 320 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 75g **25%**

Dietary Fiber 3g **12%**

Sugars 68g

Protein 2g

Vitamin A 2% • Vitamin C 80%

Calcium 4% • 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