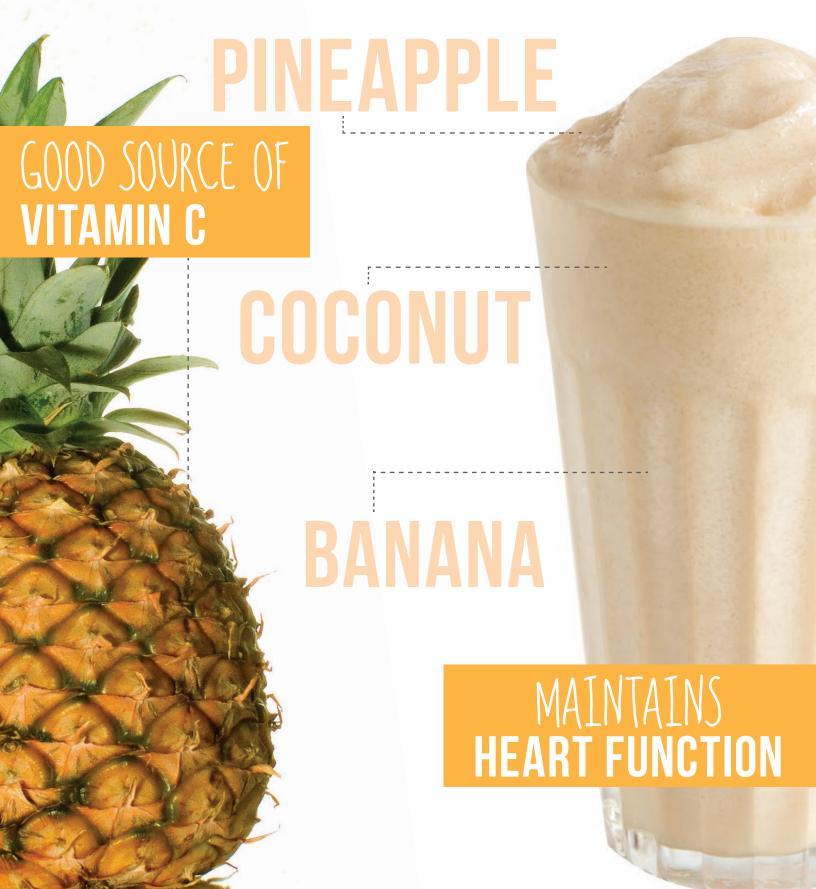
PIÑA COLADA

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



"PIÑA COLADA"

DR. SMOOTHIE PINEAPPLE PARADISE 8 OZ PURÉE/WATER MIX

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 Carbohydr	ate 75g 25 %
Dietary Fiber 3	g 12 %
Sugars 68g	

Protein 2a

Vitamin A 2%	٠	Vitamin C	80%

• Iron 4% Calcium 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower

uepending on yo	ui calone ne	eus.	
	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 gran	n.		

res per gram: Fat 9 • Carbohydrate 4 • Protein 4