

TRAIL MIX LITE

Unsweetened Almond Milk, Almond Butter, Banana, Apple Cinnamon Granola & 30g Vanilla Whey Protein

PACKED WITH
PROTEIN

BANANA

ALMOND BUTTER

GRANOLA

PROTEIN

GOOD SOURCE OF
POTASSIUM

SHAKE OF THE MONTH



“TRAIL MIX LITE”

6 OZ	UNSWEETENED VANILLA ALMOND MILK
4	FREEZE-DRIED BANANA PIECES (OR 2" FRESH BANANA)
2 SCPS	ALMOND BUTTER
½ SCP	APPLE CINNAMON GRANOLA
1½ SCPS	VANILLA WHEY PROTEIN
¼ TSP	CINNAMON
12 OZ	ICE

Nutrition Facts

servings per container

Serving size 20 fl. oz. (591 ml)
(416g)

Amount per serving

Calories **460**

% Daily Value*

Total Fat 22g **28%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 230mg **10%**

Total Carbohydrate 28g **10%**

Dietary Fiber 6g **21%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 39g

Vitamin D 2mcg 10%

Calcium 465mg 35%

Iron 2mg 10%

Potassium 671mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.