

# BROWNIE BATTER

Unsweetened Almond Milk, Cacao, Yogurt, Chia Seeds,  
Vanilla & Honey with 30g Vanilla Whey Protein



ALMOND  
MILK

CACAO

YOGURT

VANILLA

HONEY

PROTEIN

RICH IN  
ANTIOXIDANTS

CHIA  
SEEDS

LOW IN  
SUGAR



# “BROWNIE BATTER”

6 OZ	UNSWEETENED VANILLA ALMOND MILK
1 TSP	CHIA SEEDS
2 TBSPS	GROUND CACAO POWDER
½ SCP	POWDERED YOGURT
1½ SCPS	VANILLA WHEY PROTEIN
1 TSP	HONEY
¼ TSP	VANILLA EXTRACT
12 OZ	ICE

## Nutrition Facts

servings per container

**Serving size** 20 fl. oz. (591 ml)  
(407g)

Amount per serving

**Calories** **370**

% Daily Value\*

**Total Fat** 9g **12%**

Saturated Fat 4g **20%**

*Trans* Fat 0g

**Cholesterol** 90mg **30%**

**Sodium** 310mg **13%**

**Total Carbohydrate** 28g **10%**

Dietary Fiber 5g **18%**

Total Sugars 14g

Includes 6g Added Sugars **12%**

**Protein** 41g

Vitamin D 2mcg 10%

Calcium 558mg 45%

Iron 2mg 10%

Potassium 529mg 10%

\*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.