

# TRAIL MIX LITE

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

PACKED WITH  
**PROTEIN**

ALMOND  
MILK

BANANA

ALMOND BUTTER

GRANOLA

PROTEIN

GOOD SOURCE OF  
**POTASSIUM**

**SHAKE OF THE MONTH**



# “TRAIL MIX LITE”

## 20oz. RECIPE

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)<br>(416g) |
| Amount per serving       |                               |
| <b>Calories</b>          | <b>460</b>                    |
| % 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%                            |
| <b>Protein 39g</b>       |                               |
| 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.

## 12oz. RECIPE

4 OZ UNSWEETENED VANILLA ALMOND MILK  
 2 FREEZE-DRIED BANANA PIECES  
 (OR 1" FRESH BANANA)  
 1 SCP ALMOND BUTTER  
 ¼ SCP APPLE CINNAMON GRANOLA  
 1 SCP VANILLA WHEY PROTEIN  
 ⅛ TSP CINNAMON  
 7 OZ ICE

| Nutrition Facts          |                               |
|--------------------------|-------------------------------|
| servings per container   |                               |
| Serving size             | 12 fl. oz. (354 ml)<br>(255g) |
| Amount per serving       |                               |
| <b>Calories</b>          | <b>260</b>                    |
| % Daily Value*           |                               |
| Total Fat 12g            | 15%                           |
| Saturated Fat 1.5g       | 8%                            |
| Trans Fat 0g             |                               |
| Cholesterol 55mg         | 18%                           |
| Sodium 150mg             | 7%                            |
| Total Carbohydrate 15g   | 5%                            |
| Dietary Fiber 3g         | 11%                           |
| Total Sugars 4g          |                               |
| Includes 0g Added Sugars | 0%                            |
| <b>Protein 25g</b>       |                               |
| Vitamin D 1mcg           | 6%                            |
| Calcium 293mg            | 25%                           |
| Iron 1mg                 | 6%                            |
| Potassium 388mg          | 8%                            |

\*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.