

# PB & JAM

Unsweetened Almond Milk, Strawberries, Oats & Peanut Butter with 20g Vanilla Whey Protein

**FIBER** RICH

**STRAWBERRIES**

**ALMOND  
MILK**

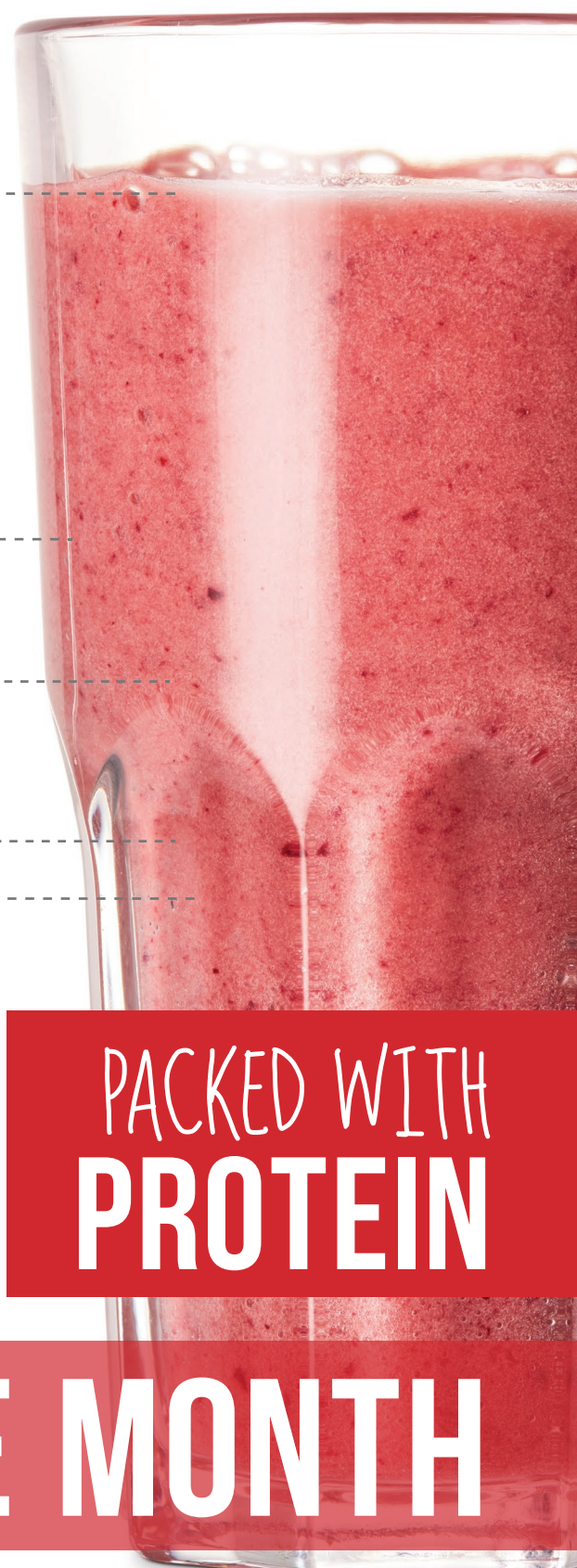
**OATS**

**PEANUT  
BUTTER**

**PROTEIN**

PACKED WITH  
**PROTEIN**

**SHAKE OF THE MONTH**



# “PB & JAM”

## 20oz. RECIPE

3 OZ	DR. SMOOTHIE STRAWBERRY PURÉE/WATER MIX*
3 OZ	UNSWEETENED VANILLA ALMOND MILK
2 SCPS	FREEZE-DRIED STRAWBERRIES
1 SCP	PEANUT BUTTER
1 SCP	ROLLED OATS
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (421g)
Amount per serving	
<b>Calories</b>	<b>510</b>
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 130mg	6%
Total Carbohydrate 52g	19%
Dietary Fiber 7g	25%
Total Sugars 25g	
Includes 0g Added Sugars	0%
<b>Protein 32g</b>	
Vitamin D 1mcg	6%
Calcium 278mg	20%
Iron 1mg	6%
Potassium 419mg	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.

## 12oz. RECIPE

2 OZ	DR. SMOOTHIE STRAWBERRY PURÉE/WATER MIX*
2 OZ	UNSWEETENED VANILLA ALMOND MILK
1 SCP	FREEZE-DRIED STRAWBERRIES
½ SCP	PEANUT BUTTER
½ SCP	ROLLED OATS
¾ SCP	VANILLA WHEY PROTEIN
7 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml) (260g)
Amount per serving	
<b>Calories</b>	<b>300</b>
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 90mg	4%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 16g	
Includes 0g Added Sugars	0%
<b>Protein 21g</b>	
Vitamin D 1mcg	6%
Calcium 190mg	15%
Iron 1mg	6%
Potassium 255mg	6%

\*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.

\*NUTRITION PANEL REFLECTS USE OF  
A 1:1 PUREE/WATER RATIO