

APPLE CINNAMON NUT BREAD

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



ALMOND
MILK

PACKED WITH
FIBER

YOGURT

APPLE CINNAMON
GRANOLA

BANANA

CINNAMON

PROTEIN

BUILDS
LEAN MUSCLE



“APPLE CINNAMON NUT BREAD”

6 OZ	UNSWEETENED VANILLA ALMOND MILK
4	FREEZE-DRIED BANANA PIECES (OR 2" FRESH BANANA)
2 SCPS	APPLE CINNAMON GRANOLA
1/2 SCP	POWDERED YOGURT
1 1/2 SCPS	VANILLA WHEY PROTEIN
1/4 TSP	CINNAMON
1/2 SCP	RAISINS (OPTIONAL)
12 OZ	ICE

Nutrition Facts

servings per container

Serving size 20 fl. oz. (591 ml)
(442g)

Amount per serving

Calories **500**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 330mg **14%**

Total Carbohydrate 63g **23%**

Dietary Fiber 5g **18%**

Total Sugars 20g

Includes 0g Added Sugars **0%**

Protein 43g

Vitamin D 2mcg 10%

Calcium 544mg 40%

Iron 3mg 15%

Potassium 639mg 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.