

CREAMY PUMPKIN SPICE

Unsweetened Almond Milk, Pumpkin, Organic Chai Spices, Yogurt & Cinnamon with 30g Pumpkin Whey Protein



ALMOND
MILK

CHAI SPICES

YOGURT

PROTEIN

PACKED WITH
PROBIOTICS
FOR DIGESTIVE HEALTH

PUMPKIN

CINNAMON



EVEN MORE
PUMPKIN FLAVOR WITH
**PUMPKIN
WHEY PROTEIN**

SHAKE OF THE MONTH

“CREAMY PUMPKIN SPICE”

20oz. RECIPE

6 OZ	UNSWEETENED VANILLA ALMOND MILK
½ SCP	DRIED PUMPKIN
½ SCP	POWDERED YOGURT
½ SCP	FLAVOR FUSIONS - SPICED CHAI
1½ SCPS	PUMPKIN WHEY PROTEIN
⅛ TSP	CINNAMON
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (411g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 440mg	19%
Total Carbohydrate 40g	15%
Dietary Fiber 1g	4%
Total Sugars 29g	
Includes 18g Added Sugars	36%
Protein 38g	
Vitamin D 9mcg	45%
Calcium 543mg	40%
Iron 2mg	10%
Potassium 890mg	20%

*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
½ SCP	DRIED PUMPKIN
¼ SCP	POWDERED YOGURT
¼ SCP	FLAVOR FUSIONS - SPICED CHAI
1 SCP	PUMPKIN WHEY PROTEIN
DASH	CINNAMON
7 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml) (259g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 260mg	11%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 9g Added Sugars	18%
Protein 25g	
Vitamin D 6mcg	30%
Calcium 343mg	25%
Iron 1mg	6%
Potassium 679mg	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.