

HEALTHY HOLIDAY NOG

Unsweetened Almond Milk, Yogurt, Cinnamon
& Organic Chai Spices with 20g Vanilla Whey Protein



YOGURT

**HELPS REDUCE
INFLAMMATION**

**CHAI
SPICES**

CINNAMON

PROTEIN

GREAT SOURCE OF
PROTEIN

SHAKE OF THE MONTH



“HEALTHY HOLIDAY NOG”

20oz. RECIPE

6 OZ	UNSWEETENED VANILLA ALMOND MILK
½ SCP	FLAVOR FUSIONS - SPICED CHAI
½ SCP	POWDERED YOGURT
1 SCP	VANILLA WHEY PROTEIN
½ TSP	CINNAMON
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (388g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 420mg	18%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 25g	
Includes 18g Added Sugars	36%
Protein 27g	
Vitamin D 2mcg	10%
Calcium 462mg	35%
Iron 1mg	6%
Potassium 477mg	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.

12oz. RECIPE

4 OZ	UNSWEETENED VANILLA ALMOND MILK
¼ SCP	FLAVOR FUSIONS - SPICED CHAI
¼ SCP	POWDERED YOGURT
½ SCP	VANILLA WHEY PROTEIN
¼ TSP	CINNAMON
7 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml) (235g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 230mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 9g Added Sugars	18%
Protein 14g	
Vitamin D 1mcg	6%
Calcium 256mg	20%
Iron 0mg	0%
Potassium 262mg	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.