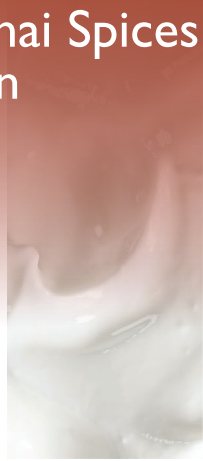


HEALTHY HOLIDAY NOG

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



SHAKE OF THE MONTH

“HEALTHY HOLIDAY NOG”

20oz. RECIPE

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

Nutrition Facts

servings per container	
Serving size	20 fl. oz. (591 ml)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 300mg	13%
Total Carbohydrate 34g	12%
Dietary Fiber 5g	18%
Total Sugars 26g	
Includes 18g Added Sugars	36%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 354mg	25%
Iron 1mg	6%
Potassium 464mg	10%
<small>*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.</small>	

12oz. RECIPE

4 OZ	UNSWEETENED 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)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 240mg	10%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 9g Added Sugars	18%
Protein 14g	
Vitamin D 1mcg	6%
Calcium 256mg	20%
Iron 0mg	0%
Potassium 270mg	6%
<small>*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.</small>	