

HEALTHY HOLIDAY NOG

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



— RICH IN CALCIUM —

“HEALTHY HOLIDAY NOG”

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)
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>	