



NUTRITIONAL INFORMATION FOR SMOOTHIES

These figures are taken from the products' Nutrition Facts and serve only as an approximation of nutritional content as portion sizes may vary. Based on 16 oz serving. % are of RDA

BITTERSWEET LOVE

Honey adds 60 Calories and 17g of Carbs.

	Non-Fat Yogurt	Orange Juice	Cranberry Juice	Banana	Total
Calories	110	55	65	50	280
Total Fat (g)	0	0	0	0	0
Sat. Fat (g)	0	0	0	0	0
Cholesterol (mg)	5	0	0	0	5
Sodium (mg)	80	0	18	0	98
Total Carb. (g)	23	13	17	14	67
Fiber (g)	0	0	0	2	2
Sugars (g)	21	12	17	10	60
Protein (g)	5	1	0	0.5	6.5
Vitamin A (%)	0	0	0	0	0
Vitamin C (%)	0	50%	50%	8%	108%
Calcium (%)	15%	1%	0%	0	16%
Iron (%)	0	0%	1%	0	1%
Potassium (%)	0	0	0	6%	6%
Vitamin B6 (%)	0	0	0	10%	10%

PINK PASSION

Honey adds 60 Calories and 17g of Carbs.

	Non-Fat Yogurt	Orange Juice	Strawberries	Banana	Total
Calories	110	100	12	50	272
Total Fat (g)	0	0	0	0	0
Sat. Fat (g)	0	0	0	0	0
Cholesterol (mg)	5	0	0	0	5
Sodium (mg)	80	0	0	0	80
Total Carb. (g)	23	22	3	14	62
Fiber (g)	0	0	1	2	3
Sugars (g)	21	22	2	10	55
Protein (g)	5	1	0	0.5	6.5
Vitamin A (%)	0	0	0	0	0
Vitamin C (%)	0	100%	15%	8%	123%
Calcium (%)	15%	2%	0	0	17%
Iron (%)	0	0	0	0	0
Potassium (%)	0	0	0	6%	6%
Vitamin B6 (%)	0	0	0	10%	10%

SOUR BLAST

Honey adds 60 Calories and 17g of Carbs.

	Non-Fat Yogurt	Grapefruit Juice	Strawberries	Banana	Total
Calories	110	100	12	50	272
Total Fat (g)	0	0	0	0	0
Sat. Fat (g)	0	0	0	0	0
Cholesterol (mg)	5	0	0	0	5
Sodium (mg)	80	35	0	0	115
Total Carb. (g)	23	25	3	14	65
Fiber (g)	0	0	1	2	3
Sugars (g)	21	25	2	10	58
Protein (g)	5	1	0	0.5	6.5
Vitamin A (%)	0	0	0	0	0
Vitamin C (%)	0	130%	15%	8%	153%
Calcium (%)	15%	0	0	0	15%
Iron (%)	0	0%	0	0	0
Potassium (%)	0	9%	0	6%	15%
Vitamin B6 (%)	0	0	0	10%	10%

APPLICIOUS

	Non-Fat Yogurt	Apple Juice	Blueberries	Banana	Total
Calories	110	110	15	50	285
Total Fat (g)	0	0	0	0	0
Sat. Fat (g)	0	0	0	0	0
Cholesterol (mg)	5	0	0	0	5
Sodium (mg)	80	35	0	0	115
Total Carb. (g)	23	28	4	14	69
Fiber (g)	0	0	1	2	3
Sugars (g)	21	28	2	10	61
Protein (g)	5	0	1	0.5	6.5
Vitamin A (%)	0	0	0	0	0
Vitamin C (%)	0	120%	1%	8%	129%
Calcium (%)	15%	0	0	0	15%
Iron (%)	0	0	1%	0	1%
Potassium (%)	0	0	0	6%	6%
Vitamin B6 (%)	0	0	0	10%	10%

MAUI BREEZE

	Non-Fat Yogurt	Orange & Pineapple Juice	Pineapple Bits	Coconut Syrup	Banana	Total
Calories	110	100	15	23	50	298
Total Fat (g)	0	0	0	0	0	0
Sat. Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	5	0	0	0	0	5
Sodium (mg)	80	10	3	0	0	93
Total Carb. (g)	23	29	4	5	14	75
Fiber (g)	0	2	1	0	2	5
Sugars (g)	21	27	3	5	10	66
Protein (g)	5	1	0	0	0.5	6.5
Vitamin A (%)	0	0	0	0	0	0
Vitamin C (%)	0	120%	5%	0%	8%	133%
Calcium (%)	15%	2%	0	0	0	17%
Iron (%)	0	4%	1%	0	0	5%
Potassium (%)	0	0	0	0	6%	6%
Vitamin B6 (%)	0	0	0	0	10%	10%

SWEET DREAM

	Non-Fat Yogurt	2% Milk	Chocolate Sauce	Peanut Butter	Banana	Total
Calories	110	120	100	95	50	475
Total Fat (g)	0	5	0	8	0	13
Sat. Fat (g)	0	3	0	2	0	5
Cholesterol (mg)	5	20	0	0	0	25
Sodium (mg)	80	125	50	80	0	335
Total Carb. (g)	23	12	25	4	14	78
Fiber (g)	0	0	1	1	2	4
Sugars (g)	21	11	21	2	10	65
Protein (g)	5	8	1	4	0.5	18.5
Vitamin A & D (%)	0	35%	0	0	0	35%
Vitamin C (%)	0	4%	0	0	8%	12%
Calcium (%)	15%	30%	0	0	0	45%
Iron (%)	0	0	0	2%	0	2%
Potassium (%)	0	0	0	0	6%	6%
Vitamin B6 (%)	0	0	0	0	10%	10%

BERRY BERRY GOOD

Honey adds 60 Calories and 17g of Carbs.

	Non-Fat Yogurt	Orange Juice	Raspberries	Blueberries	Banana	Total
Calories	110	100	17	15	50	292
Total Fat (g)	0	0	0	0	0	0
Sat. Fat (g)	0	0	0	0	0	0
Cholesterol (mg)	5	0	0	0	0	5
Sodium (mg)	80	0	0	0	0	80
Total Carb. (g)	23	22	4	4	14	67
Fiber (g)	0	0	2	1	2	5
Sugars (g)	21	22	2	2	10	57
Protein (g)	5	1	1	1	0.5	8.5
Vitamin A (%)	0	0	1%	0	0	1%
Vitamin C (%)	0	100%	8%	1%	8%	117%
Calcium (%)	15%	2%	1%	0	0	18%
Iron (%)	0	0	1%	1%	0	2%
Potassium (%)	0	0	0	0	6%	6%
Vitamin B6 (%)	0	0	0	0	10%	10%

CRAZY BERRY

Honey adds 60 Calories and 17g of Carbs.

	Non-Fat Yogurt	Cranberry Juice	Raspberries	Banana	Total
Calories	110	130	17	50	307
Total Fat (g)	0	0	0	0	0
Sat. Fat (g)	0	0	0	0	0
Cholesterol (mg)	5	0	0	0	5
Sodium (mg)	80	35	0	0	115
Total Carb. (g)	23	33	4	14	74
Fiber (g)	0	0	2	2	4
Sugars (g)	21	33	2	10	66
Protein (g)	5	0	1	0.5	6.5
Vitamin A (%)	0	0	1%	0	1%
Vitamin C (%)	0	100%	8%	8%	116%
Calcium (%)	15%	0	1%	0	16%
Iron (%)	0	2%	1%	0	3%
Potassium (%)	0	0	0	6%	6%
Vitamin B6 (%)	0	0	0	10%	10%