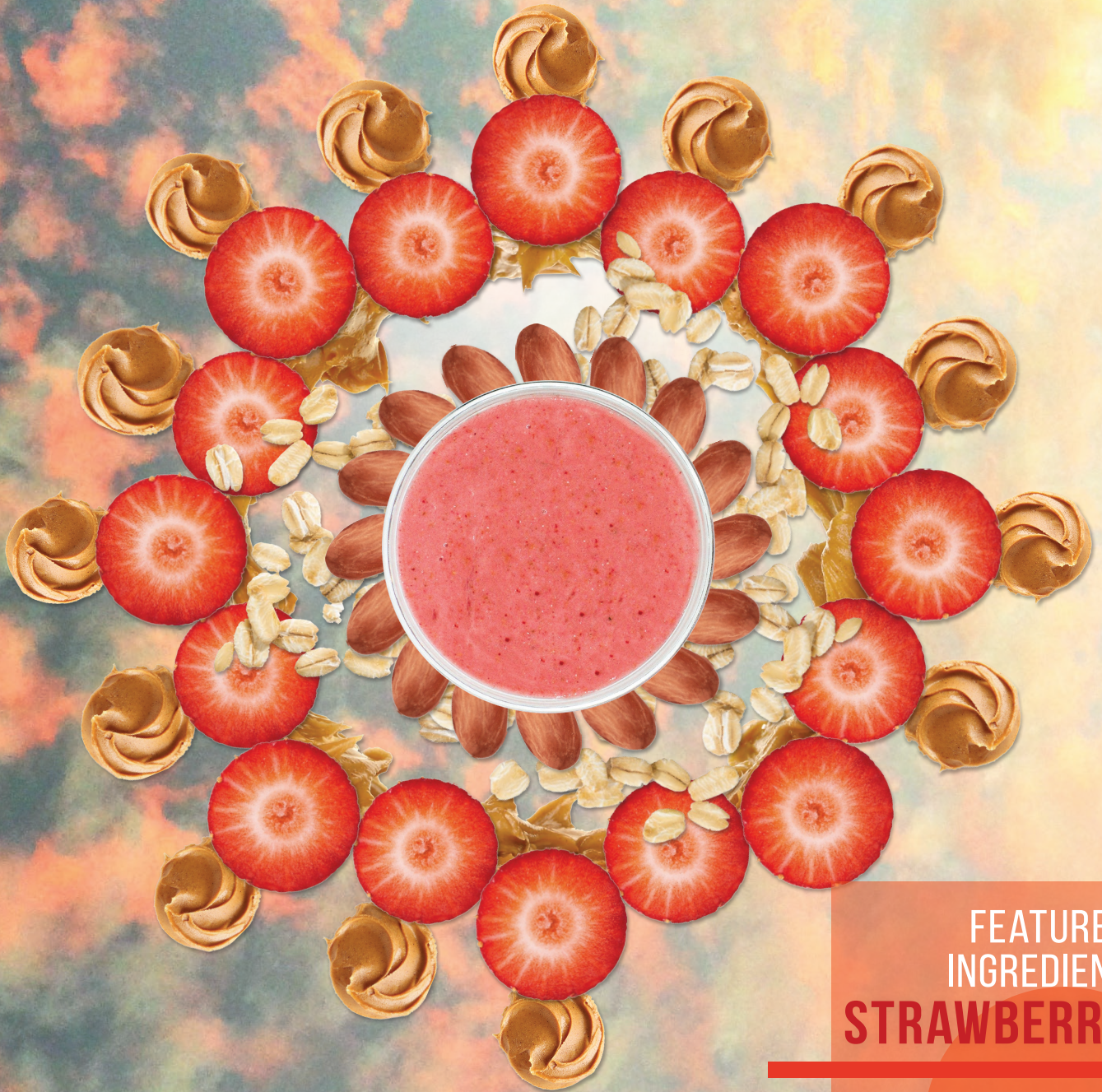


SHAKE OF THE MONTH



FEATURED
INGREDIENT
STRAWBERRY

LEARN MORE AT
THE JUICE BAR!

PB & Jam

Almond Milk, Strawberries, Peanut Butter
& Oats with Vanilla Whey Protein

PB & Jam

20oz. RECIPE

3 oz	Strawberry Purée/ Water Mix
3 oz	Unsweetened Vanilla Almond Milk
1 scp	Freeze-Dried Strawberries
1 scp	Peanut Butter
1 scp	Rolled Oats
1 scp	Vanilla Whey Protein
12 oz	Ice

Nutrition Facts

1 serving per container	
Serving size 20 fl oz (591mL)	
Amount Per Serving	
Calories	490
% Daily Value*	
Total Fat 19g	24%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 55mg	2%
Total Carbohydrate 50g	18%
Dietary Fiber 8g	29%
Total Sugars 26g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 2.6mg	15%
Potassium 620mg	15%
<small>*The % Daily Value (DV) 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

2 oz	Strawberry Purée/ Water Mix
2 oz	Unsweetened Vanilla Almond Milk
1 scp	Freeze-Dried Strawberries
½ scp	Peanut Butter
½ scp	Rolled Oats
¾ scp	Vanilla Whey Protein
7 oz	Ice

Nutrition Facts

1 serving per container	
Serving size 12 fl oz (355mL)	
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 40mg	2%
Total Carbohydrate 29g	11%
Dietary Fiber 4g	14%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1.4mg	8%
Potassium 360mg	8%
<small>*The % Daily Value (DV) 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>	