

# SHAKE OF THE MONTH



FEATURED  
INGREDIENT  
**CINNAMON**

LEARN MORE AT  
THE JUICE BAR!

## Healthy Holiday Nog

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



# Healthy Holiday Nog

## 20oz. RECIPE

6 oz	Choice of Liquid
½ scp	Flavor Fusions – Spiced Chai
½ scp	Powdered Yogurt
1 scp	Vanilla Whey Protein
½ tsp	Cinnamon
12 oz	Ice

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>20 fl oz. (401g)</b>
Amount Per Serving	
<b>Calories</b>	<b>300</b>
% Daily Value *	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 28g	
Includes 18g Added Sugars	<b>36%</b>
<b>Protein</b> 32g	
Vitamin D 0mcg	0%
Calcium 380mg	30%
Iron 1.2mg	6%
Potassium 560mg	10%
* 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.	

## 12oz. RECIPE

4 oz	Choice of Liquid
¼ scp	Flavor Fusions – Spiced Chai
¼ scp	Powdered Yogurt
½ scp	Vanilla Whey Protein
¼ tsp	Cinnamon
7 oz	Ice

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>12 fl oz. (243g)</b>
Amount Per Serving	
<b>Calories</b>	<b>150</b>
% Daily Value *	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 14g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 17g	
Vitamin D 0mcg	0%
Calcium 200mg	15%
Iron 0.8mg	4%
Potassium 300mg	6%
* 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.	