

# SPICED APPLE COBBLER

Apples, Apple Cinnamon Granola, Yogurt  
& more Cinnamon with 20g Vanilla Whey Protein

MOOD  
ENHANCING

APPLES

CINNAMON

GRANOLA

PROTEIN

GOOD SOURCE OF  
FIBER

SHAKE OF THE MONTH



# “APPLE COBBLER”

6 OZ	DR. SMOOTHIE RED APPLE PURÉE/WATER MIX*
½ SCP	YOGURT
1 SCP	APPLE CINNAMON GRANOLA
1 SCP	VANILLA WHEY PROTEIN
¼ TSP	CINNAMON
12 OZ	ICE

## Nutrition Facts

servings per container

Serving size 20 fl. oz. (591 ml)  
(415g)

Amount per serving

**Calories 450**

% Daily Value\*

Total Fat 3.5g 4%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 170mg 7%

Total Carbohydrate 73g 27%

Dietary Fiber 3g 11%

Total Sugars 48g

Includes 0g Added Sugars 0%

Protein 29g

Vitamin D 0mcg 0%

Calcium 326mg 25%

Iron 2mg 10%

Potassium 604mg 15%

\*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.

\*NUTRITION PANEL REFLECTS USE OF  
A 1:1 PUREE/WATER RATIO