

APPLE CINNAMON NUT BREAD

Unsweetened Almond Milk, Banana, Apple Cinnamon Granola, Yogurt & Cinnamon with 30g Vanilla Whey Protein



ALMOND
MILK

PACKED WITH
FIBER

YOGURT

APPLE CINNAMON
GRANOLA

CINNAMON

BANANA

PROTEIN

BUILDS
LEAN MUSCLE



SHAKE OF THE MONTH

“APPLE CINNAMON NUT BREAD”

20oz. RECIPE

6 OZ	UNSWEETENED VANILLA ALMOND MILK
4	FREEZE-DRIED BANANA PIECES (OR 2" FRESH BANANA)
2 SCPS	APPLE CINNAMON GRANOLA
½ SCP	POWDERED YOGURT
1½ SCPS	VANILLA WHEY PROTEIN
¼ TSP	CINNAMON
½ SCP	RAISINS (OPTIONAL)
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (442g)
Amount per serving	
Calories	500
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 330mg	14%
Total Carbohydrate 63g	23%
Dietary Fiber 5g	18%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 43g	
Vitamin D 2mcg	10%
Calcium 544mg	40%
Iron 3mg	15%
Potassium 639mg	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.

12oz. RECIPE

4 OZ	UNSWEETENED VANILLA ALMOND MILK
2	FREEZE-DRIED BANANA PIECES (OR 1" FRESH BANANA)
1 SCP	APPLE CINNAMON GRANOLA
¼ SCP	POWDERED YOGURT
1 SCP	VANILLA WHEY PROTEIN
⅛ TSP	CINNAMON
¼ SCP	RAISINS (OPTIONAL)
7 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml) (268g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 200mg	9%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 1mcg	6%
Calcium 333mg	25%
Iron 2mg	10%
Potassium 372mg	8%

*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.