

SHAKE
OF THE MONTH

SHAMROCKIN'

Almond Milk, Organic Matcha Green Tea, Cacao Nibs,
Powdered Yogurt & Mint with Vanilla Whey Protein



DID YOU KNOW...

Matcha is rich in catechins, a natural antioxidant found in certain plant compounds.

“ SHAMROCKIN’ ”

20oz. RECIPE

6 oz	Unsweetened Vanilla Almond Milk
1 scp	Flavor Fusions - Matcha Green Tea
1/2 scp	Powdered Yogurt
1 tsp	Cacao Nibs
1 scp	Vanilla Whey Protein
3-4 drops	Mint Extract
12 oz	Ice

Nutrition Facts	
1 serving per container	
Serving size 20 fl oz (591mL)	
Amount Per Serving	
Calories	410
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 420mg	18%
Total Carbohydrate 58g	21%
Dietary Fiber 7g	25%
Total Sugars 46g	
Includes 36g Added Sugars	72%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 390mg	30%
Iron 1.6mg	8%
Potassium 670mg	15%
* 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	Unsweetened Vanilla Almond Milk
3/4 scp	Flavor Fusions - Matcha Green Tea
1/2 scp	Powdered Yogurt
1/2 tsp	Cacao Nibs
3/4 scp	Vanilla Whey Protein
2-3 drops	Mint Extract
12 oz	Ice

Nutrition Facts	
1 serving per container	
Serving size 12 fl oz (355mL)	
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 350mg	15%
Total Carbohydrate 45g	16%
Dietary Fiber 5g	18%
Total Sugars 37g	
Includes 27g Added Sugars	54%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 340mg	25%
Iron 1.1mg	6%
Potassium 530mg	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.	