

FRUIT BLEND SMOOTHIES

PINEAPPLE MATCHA

Matcha powder, Pineapple, Coconut, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	267	417	534
FAT CALORIES	3	5	6
TOTAL FAT (g)	0	0	0
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	2	2	2
SODIUM (mg)	27	50	54
TOTAL CARB. (g)	2	4	4
DIETARY FIBER (g)	4	6	8
SUGARS (g)	84	130	188
SUGAR ALCOHOL (g)	0	3	0
PROTEIN (g)	1	2	1
VITAMIN C	60%	90%	120%
VITAMIN A	4%	6%	8%
CALCIUM	6%	8%	11%
IRON	4%	6%	8%

FRUIT BLEND SMOOTHIES



MANGO DRAGONFRUIT

Dragonfruit, Mango, Coconut, non-fat vanilla Greek yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	360	556	720
FAT CALORIES	16	24	32
TOTAL FAT (g)	1	2	3
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST. (mg)	2	2	3
SODIUM (mg)	27	50	54
TOTAL CARB. (g)	86	133	172
DIETARY FIBER (g)	5	8	10
SUGARS (g)	79	124	158
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	5	7	10
VITAMIN C	24%	36%	48%
VITAMIN A	8%	12%	16%
CALCIUM	2%	4%	5%
IRON	1%	1%	2%