

SHAKE
OF THE MONTH

PB APPLE CRISP

Almond Milk, Apples, PB Lite, Apple Cinnamon Granola
& 'Get Essentials' with Vanilla Whey Protein



**DID YOU
KNOW...**

Apples may help protect against chronic diseases, infections and digestive issues.

“PB APPLE CRISP”

20oz. RECIPE

3 oz	Apple Purée/Water Mix*
3 oz	Unsweetened Vanilla Almond Milk
1 scp	PB Lite
1 scp	Apple Cinnamon Granola
1 scp	Vanilla Whey Protein
1 scp	Get Essentials
12 oz	Ice

Nutrition Facts	
1 serving per container	
Serving size 20 fl oz. (591mL)	
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 75mg	3%
Total Carbohydrate 49g	18%
Dietary Fiber 5g	18%
Total Sugars 25g	
Includes 5g Added Sugars	10%
Protein 33g	
Vitamin D 10mcg	50%
Calcium 810mg	60%
Iron 1.8mg	10%
Potassium 600mg	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

2 oz	Apple Purée/Water Mix*
2 oz	Unsweetened Vanilla Almond Milk
1 scp	PB Lite
1/2 scp	Apple Cinnamon Granola
1 scp	Vanilla Whey Protein
1 scp	Get Essentials
7 oz	Ice

Nutrition Facts	
1 serving per container	
Serving size 12 fl oz. (355mL)	
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 65mg	3%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 16g	
Includes 3g Added Sugars	6%
Protein 32g	
Vitamin D 10mcg	50%
Calcium 800mg	60%
Iron 1.3mg	6%
Potassium 520mg	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.

**Nutrition Panel Reflects Use of a 1:1 Purée/Water Ratio*