

Acai Berry Sorbet Smoothie Blend, 2/3 Cup

Nutrition Facts

1 serving per container

Serving Size

2/3 CUP (140g)

Amount per serving

Calories

180

% Daily Value *

Total Fat 5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	10%
Total Sugars 19g	
Includes 19g Added Sugars	38%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0mg	0%
Potassium 75mg	0%

*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.

Ingredients: Acai Berry Smoothie Sorbet (Organic Fair Trade Acai Puree*, Filtered Water, Organic Invert Cane Syrup, Organic Tapioca Syrup, Organic Vegetable Glycerin, Organic Locust Bean Gum, Organic Guar Gum, Organic Flavor, Organic Sunflower Lecithin, Citric Acid, Organic Fruit & Vegetable Juice (for color))

Contains: No allergens

Dragon Fruit Sorbet

Nutrition Facts

1 serving per container

Serving Size

2 - #10 Scoops (171g)

Amount per serving

Calories

180

% Daily Value *

Total Fat 0.5g	1%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	6%
Total Sugars 24g	
Includes 19g Added Sugars	39%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	0%
Potassium 135mg	2%

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Ingredients: Dragon Fruit Sorbet (Organic Dragon Fruit (Pitaya) Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice (for color), less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract)

Contains: No allergens



Sliced Kiwi, 1/4 Cup

Nutrition Facts

1 serving per container

Serving Size**1/4 CUP (52g)**

Amount per serving

Calories**30**

% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	5%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.2mg	0%
Potassium 160mg	4%

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Ingredients: Kiwi Fruit**Contains:** No allergens

Fresh Pineapple Chunk, 1/4 Cup

Nutrition Facts

1 serving per container

Serving Size**1/4 CUP (37g)****Amount per serving****Calories****20****% Daily Value ***

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber less than 1g	2%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 40mg	0%

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Ingredients: Golden Pineapple**Contains:** No allergens



Blackberries, 1/4 Cup

Nutrition Facts

1 serving per container

Serving Size**1/4 CUP (37g)****Amount per serving**

Calories

15**% Daily Value ***

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 60mg	0%

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Ingredients: Blackberries**Contains:** No allergens

**Sliced Banana, 1 oz****Nutrition Facts****1 serving per container****Serving Size****OZ (29g)****Amount per serving****Calories****25****% Daily Value ***

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber less than 1g 3%

Total Sugars 3g 0%

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.1mg 0%

Potassium 100mg 2%

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Raspberries, 1/4 Cup

Nutrition Facts

1 serving per container

Serving Size**1/4 CUP (31g)****Amount per serving****Calories****15****% Daily Value ***

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 45mg	0%

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Fresh Whole Strawberries, 1/4 Cup

Nutrition Facts

1 serving per container

Serving Size**1/4 CUP (43g)**

Amount per serving

Calories**15**

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber less than 1g	3%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 65mg	0%

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Ingredients: Strawberries**Contains:** No allergens

Oats & Honey Crunch Granola, 1 Tbsp**Nutrition Facts****1 serving per container**
Serving Size**TBSP (7g)****Amount per serving****Calories****30****% Daily Value ***

Total Fat 1.0g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	1%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	0%
Potassium 15mg	0%

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Ingredients: Oats & Honey Crunch Granola (Whole Grain Oats, Sugar, Canola and/or Sunflower Oil, Rice Flour, Honey, Brown Sugar Syrup, Salt, Baking Soda, Soy Lecithin, Natural Flavor)

Contains: Soy

Pumpkin Seeds (Pepitas), 1 Tsp

Nutrition Facts

1 serving per container

Serving Size**TSP (3g)****Amount per serving****Calories****15**

	% Daily Value *
Total Fat 1.0g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	1%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein less than 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	0%
Potassium 20mg	0%

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Ingredients: Pumpkin Seeds (Pepitas, Vegetable Oil (Peanut, Cottonseed, Soybean and/or Sunflower Seed), Sea Salt)

Contains: Peanuts; Soy

Cacao Nibs, 1 Tbsp**Nutrition Facts****1 serving per container****Serving Size****TBSP (10g)****Amount per serving****Calories****60****% Daily Value ***

Total Fat 5g	7%
Saturated Fat 3.0g	16%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 2g	6%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	0%
Potassium 75mg	0%

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Ingredients: Cocoa Nibs**Contains:** No allergens

Dry Roasted Unsalted Cashews

Nutrition Facts

1 serving per container

Serving Size**TSP (3g)****Amount per serving****Calories****15****% Daily Value ***

Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate less than 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	0%
Potassium 20mg	0%

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Ingredients: Oil Roasted Unsalted Cashews (Cashews, Vegetable Oil (Peanut, Cottonseed, Soybean and/or Sunflower Seed))

Contains: Peanuts; Soy; Tree Nuts

Sliced Blanched Almonds, 1 Tbsp

Nutrition Facts

1 serving per container

Serving Size**TBSP (6g)****Amount per serving****Calories****35****% Daily Value ***

Total Fat 3.0g	4%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber less than 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 40mg	0%

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Ingredients: Sliced Almonds**Contains:** Tree Nuts

Honey**Nutrition Facts****1 serving per container****Serving Size****TSP (8g)****Amount per serving****Calories****20****% Daily Value *****Total Fat 0g** **0%****Saturated Fat 0g** **0%****Trans Fat** **Incomplete Nutritional Component****Cholesterol 0mg** **0%****Sodium 0mg** **0%****Total Carbohydrate 6g** **2%****Dietary Fiber 0g** **0%****Total Sugars 6g** **12%****Includes 6g Added Sugars** **12%****Protein 0g****Vitamin D 0mcg** **0%****Calcium 0mg** **0%****Iron 0mg** **0%****Potassium 0mg** **0%***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.**Ingredients: Honey****Contains: No allergens**



Creamy Peanut Butter, 1 Tbsp

Nutrition Facts

1 serving per container

Serving Size**TBSP (17g)****Amount per serving****Calories****100****% Daily Value ***

Total Fat 8g	10%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	4%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes less than 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	0%
Potassium 95mg	2%

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Ingredients: Creamy Peanut Butter (Peanuts, Dextrose, Hydrogenated Vegetable Oil (Rapeseed and/or Cottonseed), Salt)

Contains: Peanuts