



VITAL CUISINE®

Blueberry Smoothie Bowl





VITAL CUISINE®

Blueberry Smoothie Bowl



INGREDIENTS

1 Serving

.....
1/2 cup frozen blueberries
.....

.....
1 frozen banana
.....

.....
1/2 ripe avocado
.....

.....
2 (8 g) packets Item: 15309 or 2 scoops **VITAL CUISINE® PROPASS® Whey Protein Supplement**
.....

.....
1 cup (1- 8.45 fl oz container) **VITAL CUISINE® 500 Shake, Vanilla** Item: 72504
.....

or

VITAL CUISINE® Vanilla Shake Mix Item: #28289, prepared with whole milk
.....

DIRECTIONS

1. Blend all ingredients on high until smooth.
2. Pour into bowl, add desired toppings, and enjoy!

NUTRITION

Using VITAL CUISINE® 500 Shake

Serving Size: 14fl oz.

Calories: 850

Total Fat: 34g

Saturated Fat: 5g

Trans Fat: 0g

Cholesterol: 75mg

Sodium: 260mg

Total Carbs: 82g

Dietary Fiber: 10g

Total Sugars: 59g

Added Sugars: 19g

Protein: 29g

Vitamin D: 15% DV

Calcium: 40% DV

Iron: 40% DV

Potassium: 30% DV

Using VITAL CUISINE® Shake Mix prepared with whole milk

Serving Size: 14fl oz.

Calories: 620

Total Fat: 21g

Saturated Fat: 7g

Trans Fat: 0g

Cholesterol: 75mg

Sodium: 260mg

Total Carbs: 82g

Dietary Fiber: 10g

Total Sugars: 59g

Added Sugars: 19g

Protein: 29g

Vitamin D: 15% DV

Calcium: 40% DV

Iron: 40% DV

Potassium: 30% DV