



VITAL CUISINE® Ginger Turmeric Smoothie





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INGREDIENTS

1 Serving

½ cup (4 fl oz) **VITAL CUISINE® 500 Vanilla Shake** Item: 72504

or

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

½ banana, frozen

½ cup mango chunks, frozen

½ inch piece of fresh ginger root, peeled and grated

1 tsp turmeric powder

2 (8 g) packets Item: 15309

or

2 scoops Item: 13126 **VITAL CUISINE® PROPASS® Whey Protein Supplement**

¼ cup **VITAL CUISINE® Nutritious Juice Drink**, Orange Item: 16784*

*Plain orange juice or coconut water may be used in place of Nutritious Juice Drink

NUTRITION

Using VITAL CUISINE® 500 Shake

Serving Size: 10 fl oz.

Calories: 450

Total Fat: 12g

Saturated Fat: 2g

Trans Fat: 0g

Cholesterol: 35mg

Sodium: 240mg

Total Carbs: 69g

Dietary Fiber: 2g

Total Sugars: 38g

Added Sugars: 17g

Protein: 20g

Vitamin D: 0% DV

Calcium: 30% DV

Iron: 6% DV

Potassium: 10% DV

DIRECTIONS

1. Blend all ingredients on high until smooth.
2. Pour into glass and enjoy!

Using VITAL CUISINE® Shake Mix prepared with whole milk

Serving Size: 10 fl oz.

Calories: 350

Total Fat: 6g

Saturated Fat: 2.5g

Trans Fat: 0g

Cholesterol: 40mg

Sodium: 150mg

Total Carbs: 60g

Dietary Fiber: 2g

Total Sugars: 45g

Added Sugars: 18g

Protein: 16g

Vitamin D: 8% DV

Calcium: 20% DV

Iron: 25% DV

Potassium: 15% DV