

## Strawberry Banana

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 230	
	<b>% Daily Value *</b>
<b>Total Fat</b> 3 g	<b>5 %</b>
Saturated Fat 3 g	<b>14 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 9 mg	<b>0 %</b>
<b>Potassium</b> 487 mg	<b>14 %</b>
<b>Total Carbohydrate</b> 54 g	<b>18 %</b>
Dietary Fiber 10 g	<b>38 %</b>
Sugars 26 g	
<b>Protein</b> 1 g	<b>3 %</b>
Vitamin A	<b>17 %</b>
Vitamin C	<b>200 %</b>
Calcium	<b>8 %</b>
Iron	<b>14 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

## Mixed Berry

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 206	
	<b>% Daily Value *</b>
<b>Total Fat</b> 4 g	<b>6 %</b>
Saturated Fat 3 g	<b>14 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 9 mg	<b>0 %</b>
<b>Potassium</b> 522 mg	<b>15 %</b>
<b>Total Carbohydrate</b> 51 g	<b>17 %</b>
Dietary Fiber 6 g	<b>24 %</b>
Sugars 19 g	
<b>Protein</b> 3 g	<b>6 %</b>
Vitamin A	<b>16 %</b>
Vitamin C	<b>39 %</b>
Calcium	<b>10 %</b>
Iron	<b>4 %</b>
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## PB & J

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 396	
	<b>% Daily Value *</b>
<b>Total Fat</b> 20 g	<b>30 %</b>
Saturated Fat 5 g	<b>24 %</b>
Monounsaturated Fat 8 g	
Polyunsaturated Fat 5 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 9 mg	<b>0 %</b>
<b>Potassium</b> 522 mg	<b>15 %</b>
<b>Total Carbohydrate</b> 58 g	<b>19 %</b>
Dietary Fiber 9 g	<b>36 %</b>
Sugars 20 g	
<b>Protein</b> 11 g	<b>22 %</b>
Vitamin A	<b>16 %</b>
Vitamin C	<b>39 %</b>
Calcium	<b>12 %</b>
Iron	<b>8 %</b>
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## Tropical

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 254	
<b>% Daily Value *</b>	
<b>Total Fat</b> 5 g	<b>8 %</b>
Saturated Fat 3 g	<b>14 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 9 mg	<b>0 %</b>
<b>Potassium</b> 430 mg	<b>12 %</b>
<b>Total Carbohydrate</b> 58 g	<b>19 %</b>
<b>Dietary Fiber</b> 6 g	<b>24 %</b>
<b>Sugars</b> 40 g	
<b>Protein</b> 3 g	<b>6 %</b>
Vitamin A	<b>37 %</b>
Vitamin C	<b>77 %</b>
Calcium	<b>10 %</b>
Iron	<b>4 %</b>
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## Peanut Butter Banana

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 511	
<b>% Daily Value *</b>	
<b>Total Fat</b> 21 g	<b>32 %</b>
Saturated Fat 6 g	<b>31 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 13 mg	<b>1 %</b>
<b>Potassium</b> 1059 mg	<b>30 %</b>
<b>Total Carbohydrate</b> 82 g	<b>27 %</b>
<b>Dietary Fiber</b> 11 g	<b>42 %</b>
<b>Sugars</b> 47 g	
<b>Protein</b> 11 g	<b>21 %</b>
Vitamin A	<b>26 %</b>
Vitamin C	<b>34 %</b>
Calcium	<b>16 %</b>
Iron	<b>10 %</b>
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## Orange Peach

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 256	
<b>% Daily Value *</b>	
<b>Total Fat</b> 4 g	<b>6 %</b>
Saturated Fat 3 g	<b>14 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 9 mg	<b>0 %</b>
<b>Potassium</b> 974 mg	<b>28 %</b>
<b>Total Carbohydrate</b> 57 g	<b>19 %</b>
<b>Dietary Fiber</b> 7 g	<b>26 %</b>
<b>Sugars</b> 40 g	
<b>Protein</b> 4 g	<b>8 %</b>
Vitamin A	<b>31 %</b>
Vitamin C	<b>43 %</b>
Calcium	<b>10 %</b>
Iron	<b>5 %</b>
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## Mighty Green

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 264	
<b>% Daily Value *</b>	
<b>Total Fat</b> 10 g	<b>15 %</b>
Saturated Fat 4 g	<b>21 %</b>
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 48 mg	<b>2 %</b>
<b>Potassium</b> 714 mg	<b>20 %</b>
<b>Total Carbohydrate</b> 45 g	<b>15 %</b>
<b>Dietary Fiber</b> 8 g	<b>34 %</b>
<b>Sugars</b> 23 g	
<b>Protein</b> 4 g	<b>8 %</b>
Vitamin A	<b>32 %</b>
Vitamin C	<b>19 %</b>
Calcium	<b>18 %</b>
Iron	<b>8 %</b>
<p>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</p>	

## Chocolate Espresso

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories</b> 531	
<b>% Daily Value *</b>	
<b>Total Fat</b> 19 g	<b>30 %</b>
Saturated Fat 2 g	<b>9 %</b>
Monounsaturated Fat 10 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 133 mg	<b>6 %</b>
<b>Potassium</b> 1276 mg	<b>36 %</b>
<b>Total Carbohydrate</b> 87 g	<b>29 %</b>
<b>Dietary Fiber</b> 14 g	<b>54 %</b>
<b>Sugars</b> 46 g	
<b>Protein</b> 12 g	<b>24 %</b>
Vitamin A	<b>11 %</b>
Vitamin C	<b>34 %</b>
Calcium	<b>55 %</b>
Iron	<b>16 %</b>
<p>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</p>	