

SMOOTHIE NUTRITION GUIDE

Standard Reference per 100g Serving

INGREDIENT	CALORIES	PROTEIN (G)	FIBER (G)	SUGARS (G)	KEY BENEFIT
BASES & GREENS					
Spinach (Raw)	23	2.9	2.2	0.4	Iron / Vitamin K
Kale (Raw)	49	4.3	3.6	2.3	Antioxidants
FRUITS					
Banana	89	1.1	2.6	12.2	Potassium
Blueberries	57	0.7	2.4	10.0	Brain Health
Strawberries	32	0.7	2.0	4.9	Vitamin C
Mango	60	0.8	1.6	13.7	Immunity
BOOSTERS & FATS					
Chia Seeds	486	16.5	34.4	0.8	Omega-3

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Greek Yogurt (Plain)	59	10.0	0.0	3.2	Probiotics
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Almond Butter	614	21.0	10.3	4.4	Healthy Fats
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Hemp Hearts	553	31.6	4.0	1.5	Complete Protein
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