

# Blueberry Blast Yogurt Smoothie

## Nutrition Facts

Serving Size 12 Fluid Ounces (258g)

Servings Per Container 1

Amount Per Serving

**Calories** 159 Calories From Fat 0

		% Daily Value*
<b>Total Fat</b>	<1g	0%
Saturated Fat	<1g	0%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	3mg	1%
<b>Sodium</b>	29mg	1%
<b>Total Carbohydrate</b>	36g	12%
Dietary Fiber	2g	10%
Sugars	26g	

**Protein** 2g

Vitamin A 1% ● Vitamin C 105%

Calcium 3% ● Iron 1%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

**Ingredients:** Ice; Water; Strawberry Base (Strawberries, Water, Sugar, Red Extract, Lime Concentrate, Lemon Concentrate, Citric Acid, Natural Flavor, Ascorbic Acid); Wild Maine Blueberries; Non-fat Yogurt Base (Skim Milk, Liquid Sugar, Condensed Skim Milk, Corn Syrup, Maltodextrin, Yogurt [Non-fat Dry Milk, Whey Protein Concentrate, Cultured Dairy Solids [Whey Protein Concentrate, Skim Milk, Yogurt Culture], Sodium Citrate, Guar Gum, Malic Acid, Mono- & Diglycerides, Sodium Phosphate, Locust Bean Gum, Citric Acid, Carrageenan, Dextrose], Natural Flavor, Ascorbic Acid).

**Allergy Information:** Milk

