

OCEAN SMOOTHIE

NUTRITIONAL INFORMATION

INGREDIENTS: PINEAPPLE, BANANA, BLUE SPIRULINA,
ALMOND/COCONUT MILK



SMALL

141 CAL

| NUTRITION INFORMATION | | |
|-------------------------|------------------------------------|----------------------------------|
| Servings per package: 1 | | |
| Serving size: 241 g | | |
| | Average Quantity per Serving | Average Quantity per 100 g |
| Energy | 591 kJ | 245 kJ |
| Protein | 2.3 g | 1 g |
| Fat, total | 5.4 g | 2.2 g |
| - saturated | 4.8 g | 2 g |
| Carbohydrate | 19.7 g | 8.2 g |
| - sugars | 14.8 g | 6.1 g |
| Sodium | 80 mg | 33 mg |

REGULAR

265 CAL

| NUTRITION INFORMATION | | |
|-------------------------|------------------------------------|----------------------------------|
| Servings per package: 1 | | |
| Serving size: 471 g | | |
| | Average Quantity per Serving | Average Quantity per 100 g |
| Energy | 1110 kJ | 235 kJ |
| Protein | 4 g | 0.8 g |
| Fat, total | 11.5 g | 2.4 g |
| - saturated | 10.3 g | 2.2 g |
| Carbohydrate | 34.8 g | 7.4 g |
| - sugars | 26.6 g | 5.6 g |
| Sodium | 157 mg | 33 mg |

*NUTRITIONAL INFORMATION DOES NOT TAKE TOPPINGS OR BLEND IN'S INTO ACCOUNT.
THESE VALUES ARE FOR THE SMOOTHIES ONLY.