



# VITAL CUISINE® Blueberry Smoothie Bowl





# VITAL CUISINE®

## Blueberry Smoothie Bowl



### INGREDIENTS

#### 1 Serving

.....  
1/2 cup frozen blueberries

.....  
1 frozen banana

.....  
1/2 ripe avocado

.....  
2 (8 g) packets Item: 15309 or 2 scoops **VITAL CUISINE® PROPASS® Whey Protein Supplement**

.....  
1 cup (1- 8.45 fl oz container) **VITAL CUISINE® 500 Shake, Vanilla** Item: 72504

or

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

### DIRECTIONS

1. Blend all ingredients on high until smooth.
2. Pour into bowl, add desired toppings, and enjoy!

### NUTRITION

#### Using **VITAL CUISINE® 500 Shake**

**Serving Size:** 14fl oz.

**Calories:** 850

**Total Fat:** 34g

**Saturated Fat:** 5g

**Trans Fat:** 0g

**Cholesterol:** 75mg

**Sodium:** 260mg

**Total Carbs:** 82g

**Dietary Fiber:** 10g

**Total Sugars:** 59g

**Added Sugars:** 19g

**Protein:** 29g

**Vitamin D:** 15% DV

**Calcium:** 40% DV

**Iron:** 40% DV

**Potassium:** 30% DV

#### Using **VITAL CUISINE® Shake Mix prepared with whole milk**

**Serving Size:** 14fl oz.

**Calories:** 620

**Total Fat:** 21g

**Saturated Fat:** 7g

**Trans Fat:** 0g

**Cholesterol:** 75mg

**Sodium:** 260mg

**Total Carbs:** 82g

**Dietary Fiber:** 10g

**Total Sugars:** 59g

**Added Sugars:** 19g

**Protein:** 29g

**Vitamin D:** 15% DV

**Calcium:** 40% DV

**Iron:** 40% DV

**Potassium:** 30% DV