



VITAL CUISINE® Ginger Turmeric Smoothie





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INGREDIENTS

1 Serving

½ cup (4 fl oz) **VITAL CUISINE® 500 Vanilla Shake** Item: 72504

or

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

½ banana, frozen

½ cup mango chunks, frozen

½ inch piece of fresh ginger root, peeled and grated

1 tsp turmeric powder

2 (8 g) packets Item: 15309

or

2 scoops Item: 13126 **VITAL CUISINE® PROPASS® Whey Protein Supplement**

¼ cup **VITAL CUISINE® Nutritious Juice Drink**, Orange Item: 16784*

*Plain orange juice or coconut water may be used in place of Nutritious Juice Drink

DIRECTIONS

1. Blend all ingredients on high until smooth.
2. Pour into glass and enjoy!

NUTRITION

Using **VITAL CUISINE® 500 Shake**

Serving Size: 10 fl oz.

Calories: 450

Total Fat: 12g

Saturated Fat: 2g

Trans Fat: 0g

Cholesterol: 35mg

Sodium: 240mg

Total Carbs: 69g

Dietary Fiber: 2g

Total Sugars: 38g

Added Sugars: 17g

Protein: 20g

Vitamin D: 0% DV

Calcium: 30% DV

Iron: 6% DV

Potassium: 10% DV

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

Serving Size: 10 fl oz.

Calories: 350

Total Fat: 6g

Saturated Fat: 2.5g

Trans Fat: 0g

Cholesterol: 40mg

Sodium: 150mg

Total Carbs: 60g

Dietary Fiber: 2g

Total Sugars: 45g

Added Sugars: 18g

Protein: 16g

Vitamin D: 8% DV

Calcium: 20% DV

Iron: 25% DV

Potassium: 15% DV