

Reg. Size Bowls

<u>Original</u>	
Calories	243
Carbs	55
Sugar	35
Protein	3
Fiber	7
Fat	2

<u>Tropical</u>	
Calories	264
Carbs	60
Sugar	37
Protein	4
Fiber	8
Fat	3

<u>Mango</u>	
Calories	270
Carbs	62
Sugar	42
Protein	3
Fiber	8
Fat	2

<u>Popeye</u>	
Calories	270
Carbs	62
Sugar	37
Protein	4
Fiber	8
Fat	3

<u>Dragon Fly</u>	
Calories	332
Carbs	67
Sugar	42
Protein	4
Fiber	8
Fat	8

<u>PB Raspberry</u>	
Calories	486
Carbs	57
Sugar	36
Protein	11
Fiber	11
Fat	19

<u>Berry On</u>	
Calories	461
Carbs	59
Sugar	34
Protein	9
Fiber	13
Fat	24

<u>Coco Beach</u>	
Calories	338
Carbs	66
Sugar	41
Protein	4
Fiber	9
Fat	9

<u>Peanut Butter</u>	
Calories	486
Carbs	57
Sugar	36
Protein	11
Fiber	12
Fat	19

Specialty Blends

<u>Choc Cherry Cashew</u>	
Calories	400
Carbs	68
Sugar	44
Protein	12
Fiber	12
Fat	18

<u>Pitayadoodle</u>	
Calories	366
Carbs	62
Sugar	35
Protein	12
Fiber	15
Fat	20

<u>Pumpkin</u>	
Calories	770
Carbs	90
Sugar	43
Protein	17
Fiber	17
Fat	42

<u>Tru Passion</u>	
Calories	332
Carbs	67
Sugar	42
Protein	4
Fiber	8
Fat	8

<u>Greenbelt</u>	
Calories	398
Carbs	66
Sugar	45
Protein	12
Fiber	12
Fat	16

<u>Beach, Please</u>	
Calories	398
Carbs	66
Sugar	45
Protein	12
Fiber	12
Fat	16

<u>Berry Christmas</u>	
Calories	850
Carbs	106
Sugar	43
Protein	22
Fiber	23
Fat	43