



deep dark chocolate

blended frappe information

DIRECTIONS

Pour 1 cup (8 fl oz) of milk (or milk alternative) into blender jar.
 Add 1/3 cup of mix.
 Give blender jar quick shake.
 Add 12 oz of ice.
 Blend on smoothie setting.
 Pour into 16 oz cup and ENJOY!

MIXING GUIDE

servings	16 oz	24 oz
cups of powder	1/3	1/2
ounces of milk	8	12
ounces of ice	12	18

INGREDIENTS

Rice Syrup, Allulose, Cassava Root Maltodextrin, ICEwave Adaptogen Blend™ (Chicory Inulin, CognatiQ™ Coffee Cherry Extract, Ashwagandha Root), Cocoa (Processed with Alkali), Xanthan Gum, Cellulose Gum, Brown Rice Hulls, Sea Salt, Natural Chocolate Flavor, Monk Fruit Extract, and Pure Vanilla.

Nutrition Facts	
about 23 servings per container	
Serving size	2.1 Oz (59.5g)
Amount Per Serving	
Calories	150
<small>% Daily Value*</small>	
Total Fat 1g	1%
Saturated Fat 0.6g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 52g	19%
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 3mg	15%
Potassium 451mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.