



matcha crème

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
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cups of powder	1/3	1/2
ounces of milk	8	12
ounces of ice	12	18

INGREDIENTS

Cassava Root Maltodextrin, ICEwave Adaptogen Blend™ (Rice Syrup, Chicory Inulin, CognatiQ™ Coffee Cherry Extract, Ashwagandha Root), Allulose, Matcha Green Tea, Xanthan Gum, Cellulose Gum, Brown Rice Hulls, Pure Bourbon Vanilla, and Monk Fruit Extract.

Nutrition Facts

about 23 servings per container

Serving size 2.1 Oz (59.5g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 56g	20%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein < 1g	1%
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0.2mg	2%
Potassium 46.6mg	0%

*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.