



bourbon vanilla

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

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

Nutrition Facts

about 23 servings per container	
Serving size	2.1 Oz (59.5g)
Amount Per Serving	
Calories	170
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 57g	21%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 8g Added Sugars	16%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 1.5mg	0%
Iron 0.1mg	0%
Potassium 21mg	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.