

# Pumpkin Pie

*Nutrient dense!*

This nutrient balanced shake is packed with real Pumpkin Puree, Cinnamon, Cloves, Nutmeg, Ginger, Vanilla Whey Protein and our 'Daily Essentials'. The healthiest Pumpkin Pie in a cup - ever!

This Meal Replacement or Recovery Shake is rich in Vitamin C, Beta Carotene and Potassium. Pumpkin is low in fat and calories and high in Zinc.

**Eat Well!**

**PFC**  
PERFORMANCE FOOD CENTERS  
WHOLE FOODS ENGINEERED BY NATURE

# Pumpkin Pie

## Ingredients:

4 oz.	Skim or Soy Milk
1 ½ scp.	Chai Tea
1/3 cup	Canned Pumpkin
1 ½ scps.	Vanilla Whey Protein
1 scp.	Daily Essentials
½ tsp.	Cinnamon (Optional)

## Directions:

1. Fill ice scoop measure to the "Protein" ice line (12 oz)
2. Add ice and ingredients to the blender and push #4
3. Top with whipped topping and Cinnamon (optional)

## Nutrition Facts

Serving Size 20 Fluid Ounces  
Servings Per Container

Amount Per Serving

**Calories 500**      **Calories from Fat 70**

% Daily Value\*

**Total Fat 7g**      **11%**

Saturated Fat 5g      **25%**

Trans Fat 0g

**Cholesterol 5mg**      **2%**

**Sodium 330mg**      **14%**

**Total Carbohydrate 72g**      **24%**

Dietary Fiber 4g      **16%**

Sugars 47g

**Protein 38g**

**Vitamin A 190%**      • **Vitamin C 6%**

**Calcium 30%**      • **Iron 4%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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You Are What Your Food Eats!

