

dr.SMOOTHIE®

888.466.9941 DRSMOOTHIE.COM

Fresh For All

New flavors to savor –

Make them hot, iced or as a blended frappe



- **Crème Brulee**
• A rich, creamy vanilla
• custard with notes of
• caramel
- **Mint White
Chocolate**
• Buttery white
• chocolate with a
• peppermint breeze

Your Daily Dose
of **Delicious**

NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS • SHELF STABLE
NO PRESERVATIVES • GLUTEN-FREE • BLENDED IN THE USA

Cafe Essentials

GOURMET BLENDED, HOT AND ICED BEVERAGES

dr.SMOOTHIE®

For more detailed product info visit drsmoothie.com.



Nutrition Facts

26 Servings Per Container
Serving size 1/3 cup (60g)
Makes 12 fl oz (360 mL)
when mixed as directed

Calories	Mix		Prepared with 2% Milk	
		260		410
	% Daily Value*		% Daily Value*	
Total Fat	8g	10%	14g	18%
Saturated Fat	8g	40%	11g	55%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	25mg	8%
Sodium	260mg	11%	400mg	17%
Total Carb.	47g	17%	62g	23%
Dietary Fiber	1g	4%	1g	4%
Total Sugars	36g		50g	
Incl. Added Sugars	25g	50%	25g	50%
Protein	2g		12g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	53mg	4%	422mg	30%
Iron	0mg	0%	0mg	0%
Potassium	259mg	6%	689mg	15%

*The % Daily Value 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.

Nutrition Facts

33 Servings Per Container
Serving size 1/3 cup (60g)
Makes 12 fl oz (360 mL)
when mixed as directed

Calories	Mix		Prepared with 2% Milk	
		260		410
	% Daily Value*		% Daily Value*	
Total Fat	8g	10%	14g	18%
Saturated Fat	8g	40%	11g	55%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	25mg	8%
Sodium	260mg	11%	400mg	17%
Total Carb.	47g	17%	62g	23%
Dietary Fiber	1g	4%	1g	4%
Total Sugars	36g		50g	
Incl. Added Sugars	25g	50%	25g	50%
Protein	2g		12g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	53mg	4%	422mg	30%
Iron	0mg	0%	0mg	0%
Potassium	259mg	6%	689mg	15%

*The % Daily Value 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.

Crème Brûlée

INGREDIENTS: Sugar, Coconut Oil, Corn Syrup Solids, Sodium Caseinate (A Milk Derivative), Dipotassium Phosphate. Contains 2% or less of each of the following: Mono and Diglycerides (emulsifier), Silicon Dioxide (anticaking agent), Fructose, Maltodextrin, Dried Sweet Whey, Nonfat Dry Milk, Dry Whole Milk, Dextrose, Salt, Guar Gum, Natural Flavors, Cream, Sweet Cream Powder, Silicone Dioxide, Xanthan Gum, Dried Cream Extract, Pectin. Contains Milk, Tree Nuts.

Mint White Chocolate

INGREDIENTS: Sugar, Nonfat Dry Milk, Fructose, Nondairy Creamer Coconut Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Dipotassium Phosphate. Contains 2% or less of each of the following: Mono and Diglycerides (emulsifier), Silicon Dioxide (anticaking agent), Maltodextrin, Natural Flavors, Xanthan Gum, Guar Gum, Silicone Dioxide, Salt, Dried Cream Extract. Contains Milk, Tree Nuts.

PREPARATION INSTRUCTIONS

FRAPPE

Follow the steps below to combine the specified ingredients.

12 fl oz	=	4 fl oz Water or Milk	+	1 1/2 Scoops (1/3 cup)	+	12 fl oz Level
16 fl oz	=	5 fl oz Water or Milk	+	2 Scoops (1/2 cup)	+	16 fl oz Level

- Step 1 Begin with water or milk in blender jar.
- Step 2 Add Dr. Smoothie Cafe Essentials Beverage Mix.
- Step 3 Add ice.
- Step 4 Blend until smooth and serve.



HOT

Follow the steps below to combine the specified ingredients.

12 fl oz	=	10 1/2 fl oz Hot Water or Hot Milk	+	1 1/2 Scoops (1/3 cup)
16 fl oz	=	14 fl oz Hot Water or Hot Milk	+	2 Scoops (1/2 cup)

- Step 1 Begin with already heated water or milk.
- Step 2 Add Dr. Smoothie Cafe Essentials Beverage Mix.
- Step 3 Stir well until thoroughly dissolved and serve.



ICED

Follow the steps below to combine the specified ingredients.

12 fl oz	=	4 fl oz Hot Water or Hot Milk	+	1 1/2 Scoops (1/3 cup)	+	12 fl oz Level
16 fl oz	=	5 fl oz Hot Water or Hot Milk	+	2 Scoops (1/2 cup)	+	16 fl oz Level

- Step 1 Begin with already heated water or milk.
- Step 2 Add Dr. Smoothie Cafe Essentials Beverage Mix and stir until thoroughly dissolved.
- Step 3 Pour combined drink over ice.
- Step 4 Stir again and serve.

