


Nutritional Information

	Serving Weight	Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)
	Nutritional Information												
Blueberry Lavender	3 oz	mini	100	0	0	0	0	50	22	0	19	13	3
	5 oz	small	170	0	0	0	5	85	37	0	32	21	5
	8 oz	medium	280	0	0	0	5	140	59	0	52	34	9
	13 oz	large	450	1	0.5	0	5	230	95	0	84	55	14
	25oz	take home	860	1.5	1	0	15	440	183	0	162	106	29
Lemon Wafers	7 g	2 each	40	2	2	0	0	10	5	0	2	2	1
Blueberry Lavender Smoothie	559 g	16 fl. oz	310	1	0	0	5	160	66	2	59	32	11
	691 g	24 fl.oz	430	1	0.5	0	5	210	93	3	81	45	15

Ingredient Statement	
Blueberry Lavender Frozen Yogurt	ORIGINAL FROZEN YOGURT (Nonfat Milk, Sugar, Nonfat Yogurt [Nonfat Milk, Live and Active Cultures], Nonfat Yogurt Powder [Nonfat Milk, Culture], Fructose, Dextrose, Natural Flavors, Citric Acid, Guar Gum, contains Active Live Cultures: <i>S. thermophilus</i> , <i>L. bulgaricus</i> , <i>L. acidophilus</i> , <i>Bifidobacterium</i> spp., <i>L.rhamnosus</i> , <i>L. casei</i>), BLUEBERRY LAVENDER FLAVOR (Tapioca Syrup, Sugar, Blueberries, Fructose, Glycerin, Water, Corn Starch, Natural Flavor, Citric Acid, Fruit and Vegetable Juice [for color]).
Lemon Wafers	[Wheat Flour, Coconut Oil, Glucose Syrup, Whey Powder (Milk), Sugar, Soy Flour, Lemon Juice Powder 2% in the Cream Filling, Barley Malt Extract, Raising Agents (Sodium Hydrogen Carbonate, Disodium Phosphate), Soy Lecithin, Salt, Fat-Reduced Cocoa, Lemon Oil, Bourbon Vanilla Pods, Spices].
Blueberry Lavender Smoothie	WATER, Nonfat Milk, ORIGINAL FROZEN YOGURT (Nonfat Milk, Sugar, Nonfat Yogurt [Nonfat Milk, Live and Active Cultures], Nonfat Yogurt Powder [Nonfat Milk, Culture], Fructose, Dextrose, Natural Flavors, Citric Acid, Guar Gum, contains Active Live Cultures: <i>S. thermophilus</i> , <i>L. bulgaricus</i> , <i>L. acidophilus</i> , <i>Bifidobacterium</i> spp., <i>L.rhamnosus</i> , <i>L. casei</i>), BLUEBERRIES, Agave Nectar, BLUEBERRY LAVENDER FLAVOR (Tapioca Syrup, Sugar, Blueberries, Fructose, Glycerin, Water, Corn Starch, Natural Flavor, Citric Acid, Fruit and Vegetable Juice [for color]).

	Eggs	Milk	Peanuts	Soy	Sesame	Tree Nuts	Wheat
Allergens							
Blueberry Lavender Frozen Yogurt		X					
Lemon Wafers		X		X		X	X
Blueberry Lavender Smoothie		X					

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information Pinkberry® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.