

Cayenne Cocoa Mama



Nutrition Facts

Serving Size: 16 oz. (454g)
Servings Per Container: 1

Amount Per Serving

Calories 200 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 23g **8%**

Dietary Fiber 6g **24%**

Sugars 11g

Protein 6g

Vitamin A 15% • Vitamin C 8%

Calcium 25% • Iron 6%

Vitamin D 0% • Vitamin E 8%

Vitamin K 0% • Thiamin 2%

Riboflavin 4% • Niacin 15%

Vitamin B6 15% • Folate 6%

Vitamin B12 0% • Pantothenic Acid 4%

Phosphorus 8% • Magnesium 10%

Zinc 4% • Selenium 2%

Copper 6% • Manganese 20%

* 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
Sat 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

INGREDIENTS: UNSWEETENED ALMOND MILK, BANANA, PEANUT BUTTER, ORGANIC CAROB POWDER, GROUND CINNAMON, GROUND CAYENNE PEPPER

CONTAINS: PEANUTS, ALMOND

MANUFACTURED BY: YOGA BLISS, AKRON, OHIO 44333



High Fiber,
Strong Bones,
Speeds
Metabolism!

Cayenne peppers were being used as far back as 7000 BC in Central America and were considered the most valued plant. In Ethiopia, cayenne is mixed with bean meal as their national dish.

Nutrition claims per FDA: Low Calorie, Low Saturated Fat (20 g total fat), Low Cholesterol (20 g total fat), and Low Sodium if used as a meal replacement. Excellent Source of Dietary Fiber, Excellent Source of Protein, Good Source of Vitamin A, Good Source of Vitamin C, Excellent Source of Calcium

Benefits

ALMOND MILK

Calcium and Vit. D contribute to healthy bones and teeth formation, as well as reduce the risk for arthritis and osteoporosis and improve immune function. Vit. A benefits eyes and skin. Vit. E contains antioxidant properties essential to your skin's health. B vitamins such as iron and riboflavin are important for muscle growth & healing.

PEANUT BUTTER

High fiber helps control blood sugar and cholesterol levels and reduces the chance of developing colorectal cancer. High protein provides a feeling of fullness. Contains resveratrol, a natural antimicrobial which helps to protect against bacteria, viruses and fungus & provides benefits such as reducing inflammation, anti aging & heart health.

BANANA

This energy-rich food is high in potassium, which helps control heart rate and blood pressure, countering bad effects of sodium. It's a good source of **Vitamins B-6 and C.**

CAROB

Carob contains polyphenols, which improve blood cholesterol levels in a way similar to dietary fiber & are powerful antioxidants. Rich in calcium.

CAYENNE

Cayenne pepper dilates the blood vessels and **speeds metabolism** due to high amounts of capsaicin. This increases circulation and oxygen to all the major organs. Promotes healthy liver function and is said to be an aphrodisiac.

CINNAMON

Cinnamon has the highest **anti-oxidant** strength of all the food sources in nature.