


Banana Pudding Product Information

	Weight (g)	Total Calories (cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Nutritional Information												
Banana Berry Split 20 oz	666	500	7	1.5	0.0	5	440	121	12	61	31	8
Banana Berry Split 32 oz	1015	770	10	2.5	0.0	5	670	186	18	94	47	12
Banana Berry Split 44 oz	1406	1000	14	3	0.0	10	890	241	23	122	62	15
Banana Pudding 20 oz	703	530	7	1.5	0	5	530	124	14	55	20	12
Banana Pudding 32 oz	1071	820	11	2.5	0	10	790	192	22	85	30	18
Banana Pudding 44 oz	1480	1060	15	3	0	10	1060	249	29	109	40	23
Banana Mud Pie 20 oz	616	700	26	5	0	0	610	115	14	54	32	15
Banana Mud Pie 32 oz	917	1050	38	7	0.0	0	920	172	21	81	48	23
Banana Mud Pie 44 oz	1306	1400	51	10	0.0	0	1230	230	28	109	65	31
Heavenly Chocolate Hazelnut, Acai Bowl	478	750	18	4	0	0	150	142	8	87	5	6
Heavenly Chocolate Hazelnut, Dragon Fruit Bowl	478	630	12	4	0	0	35	124	8	72	5	9
Heavenly Chocolate Hazelnut, Half and Half Bowl	478	690	15	4	0	0	95	133	8	80	5	7

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

Allergens									
	Soy	Egg	Milk	Peanut	Wheat	Tree Nuts	Sesame	Fish	Shellfish
Banana Berry Split	X	X	X		X				
Banana Pudding	X	X	X		X				
Banana Mud Pie	X		X	X	X				
Heavenly Chocolate Hazelnut	X		X		X	X			

Your health is of the utmost concern to us. Please be aware that Planet Smoothie® products may contain traces of allergens (soy, egg, milk, peanut, wheat, tree nuts, sesame, fish, shellfish) or foods causing common food sensitivities from a manufacturing facility and preparation on site. Common Tree Nuts that may be found in our stores include almonds, cashews, coconut, macadamia nuts, pecans, pistachios and walnuts.

The Allergen information Planet Smoothie® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production 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.

Ingredient Statement	
Banana Berry Split	WATER, BANANA, NONFAT NSA VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], OAT MILK [Oatmilk (Filtered Water, Whole Grain Oat Flour, Oat Concentrate), contains 2% or less of: Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Ascorbic Acid (to protect freshness), Natural Flavor], STABILIZED STRAWBERRIES (Strawberries, Sugar), NILLA WAFERS [Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Canola Oil, Palm Oil, High Fructose Corn Syrup, Whey (from milk), Eggs, Salt, Leavening (Baking Soda and/or Calcium Phosphate), Emulsifiers (Mono- and Diglycerides, Soy Lecithin), Artificial Flavor, Natural Flavor], BANANA CREAM PUDDING (Sugar, Dextrose, Modified Cornstarch, contains less than 2% of Disodium Phosphate, Tetrasodium Pyrophosphate, Salt, Artificial Color, Mono- and Diglycerides, Natural and Artificial Flavor, Yellow 5, Yellow 6), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors).

Banana Pudding Product Information

Ingredient Statement	
Banana Pudding	WATER, NONFAT NSA VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono- and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], BANANA, OAT MILK [Oatmilk (Filtered Water, Whole Grain Oat Flour, Oat Concentrate), contains 2% or less of: Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Ascorbic Acid (to protect freshness), Natural Flavor], NILLA WAFERS [Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Canola Oil, Palm Oil, High Fructose Corn Syrup, Whey (from milk), Eggs, Salt, Leavening (Baking Soda and/or Calcium Phosphate), Emulsifiers (Mono- and Diglycerides, Soy Lecithin), Artificial Flavor, Natural Flavor], BANANA CREAM PUDDING (Sugar, Dextrose, Modified Cornstarch, contains less than 2% of Disodium Phosphate, Tetrasodium Pyrophosphate, Salt, Artificial Color, Mono- and Diglycerides, Natural and Artificial Flavor, Yellow 5, Yellow 6), TRUVIA (Erythritol, Stevia Leaf Extract, Natural Flavors), ARTIFICIAL VANILLA FLAVOR, NONFAT DRY MILK.
Banana Mud Pie	WATER, NONFAT NSA VANILLA FLAVORED FROZEN YOGURT [Skim Milk, Polydextrose, Maltodextrin, Sorbitol, contains 2% or less of: Whey Protein Concentrate, Natural Flavors, Tara Gum, Guar Gum, Carrageenan, Carob Bean Gum, Mono and Diglycerides, Acesulfame Potassium, Sucralose, Annatto Extract (color), Cultures], BANANA, OAT MILK [Oatmilk (Filtered Water, Whole Grain Oat Flour, Oat Concentrate), Contains 2% or less of: Sunflower Oil, Vitamin and Mineral Blend (Calcium Carbonate, Vitamin A Palmitate, Vitamin D2, Riboflavin, Vitamin B12), Dipotassium Phosphate, Sea Salt, Gellan Gum, Locust Bean Gum, Ascorbic Acid (to protect freshness), Natural Flavor.], OREO COOKIES [Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), sugar, Palm and/or Canola Oil, Cocoa processed with alkali, High Fructose Corn Syrup, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Soy Lecithin, Chocolate, Artificial Flavor.], PEANUT BUTTER (Peanuts, Salt), BANANA CREAM PUDDING (Sugar, Dextrose, Modified Cornstarch, Contains Less Than 2% of Disodium Phosphate, Tetrasodium Pyrophosphate, Salt, Artificial Color, Mono and Diglycerides, Natural and Artificial Flavor, , Yellow 5, Yellow 6).
Heavenly Chocolate Hazelnut, Acai Bowl	SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], NUTELLA (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey [Milk], Soy Lecithin [Emulsifier], Artificial Flavor), BLUEBERRIES.
Heavenly Chocolate Hazelnut, Dragon Fruit Bowl	SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], NUTELLA (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey [Milk], Soy Lecithin [Emulsifier], Artificial Flavor), BLUEBERRIES.
Heavenly Chocolate Hazelnut, Half & Half Bowl	SCOOPABLE ACAI SELECT BLEND (Filtered Water, Acai Puree [Filtered Water, Fair Trade Acai], Tapioca Syrup, Coconut Sugar, Vegetable Glycerin, less than 0.2% of: Flavor Fruit & Vegetable Juice [for color], Locust Bean Gum, Guar Gum, Citric Acid, Sunflower Lecithin), SCOOPABLE DRAGON FRUIT (Organic Dragon Fruit [Pitaya] Puree, Filtered Water, Organic Tapioca Syrup, Organic Invert Cane Syrup, Organic Vegetable Glycerin, Fruit & Vegetable Juice [for color], less than 0.5% of: Citric Acid, Organic Flavor, Organic Locust Bean Gum, Organic Guar Gum, Organic Stevia Extract), STRAWBERRIES, BANANA, GRANOLA [Rolled Oats, Brown Sugar, Sliced Almonds, Expeller Pressed Canola Oil, Crispy Brown Rice (Brown Rice, Barley Malt, Salt), Coconut (shredded, unsweetened), Natural Spices, Vanilla Extract, Sea Salt], NUTELLA (Sugar, Palm Oil, Hazelnuts, Cocoa, Skim Milk, Reduced Minerals Whey [Milk], Soy Lecithin [Emulsifier], Artificial Flavor), BLUEBERRIES.

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