

**Hiland**<sup>®</sup>  
DAIRY FOODS **FARMER OWNED**



# 7oz. SMOOTHIES

Fruit and Probiotic Drinkable Yogurt Smoothies



# GUANÁBANA SMOOTHIE

## Nutrition Facts

1 serving per container  
Serving size 1 container (207mL)

Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 32g	
Includes 24g Added Sugars	<b>48%</b>
<b>Protein</b> 6g	
Vitamin D 0.7mcg	4%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 270mg	6%
Vitamin A 70mcg	8%

\*The % Daily Value (DV) 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.

**INGREDIENTS:** CULTURED GRADE A SKIM MILK, GUANABANA FRUIT (SUGAR, WATER, GUANABANA PUREE, NATURAL FLAVOR, MODIFIED CORN STARCH, CITRIC ACID, PECTIN), LIQUID SUGAR (SUGAR, WATER), CREAM, SUGAR, POLYDEXTROSE, MODIFIED FOOD STARCH, GELATIN, TRICALCIUM PHOSPHATE, MONO & DIGLYCERIDES, PECTIN, POTASSIUM SORBATE (MAINTAINS FRESHNESS).  
**CONTAINS: MILK**



**SINGLE 7OZ SMOOTHIE**

Item #24930



**SMOOTHIE SIX PACK**

Item #21050



HILANDDAIRY.COM

**7 OUNCES (207 ML)**

**6 / CASE**

# MANGO SMOOTHIE

## Nutrition Facts

1 serving per container  
Serving size 1 container (207mL)

Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 33g	
Includes 25g Added Sugars	<b>50%</b>
<b>Protein</b> 6g	
Vitamin D 0.7mcg	4%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 270mg	6%
Vitamin A 70mcg	8%

\*The % Daily Value (DV) 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.

**INGREDIENTS:** CULTURED GRADE A SKIM MILK, MANGO FRUIT (SUGAR, WATER, MANGO PUREE, MODIFIED FOOD STARCH, CITRIC ACID, PECTIN, NATURAL FLAVOR, YELLOW #5 AND RED #40 [COLOR]), LIQUID SUGAR (SUGAR, WATER), CREAM, SUGAR, POLYDEXTROSE, MODIFIED FOOD STARCH, GELATIN, TRICALCIUM PHOSPHATE, MONO & DIGLYCERIDES, PECTIN, POTASSIUM SORBATE (MAINTAINS FRESHNESS).  
**CONTAINS: MILK**



**SINGLE 7OZ SMOOTHIE**

Item #24927



**SMOOTHIE SIX PACK**

Item #21047



HILANDDAIRY.COM

**7 OUNCES (207 ML)**

**6 / CASE**

# PEACH SMOOTHIE

## Nutrition Facts

1 serving per container  
Serving size 1 container (207mL)

Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 33g	
Includes 25g Added Sugars	<b>50%</b>
<b>Protein</b> 6g	
Vitamin D 0.7mcg	4%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 260mg	6%
Vitamin A 70mcg	8%

\*The % Daily Value (DV) 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.

**INGREDIENTS:** CULTURED GRADE A SKIM MILK, PEACH FRUIT (SUGAR, WATER, PEACH PUREE, MODIFIED FOOD STARCH, NATURAL FLAVORS, CITRIC ACID, PECTIN, YELLOW #6 [COLOR]), LIQUID SUGAR (SUGAR, WATER), CREAM, SUGAR, POLYDEXTROSE, MODIFIED FOOD STARCH, GELATIN, TRICALCIUM PHOSPHATE, MONO & DIGLYCERIDES, PECTIN, POTASSIUM SORBATE (MAINTAINS FRESHNESS).  
**CONTAINS: MILK**



### SINGLE 7OZ SMOOTHIE

Item #24928



### SMOOTHIE SIX PACK

Item #21048



HILANDDAIRY.COM

**7 OUNCES (207 ML)**

**6 / CASE**



# PECAN CEREAL SMOOTHIE

Nutrition Facts	
1 serving per container	
Serving size 1 container (207mL)	
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 32g	
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 6g	
Vitamin D 0.7mcg	4%
Calcium 290mg	20%
Iron 0.4mg	2%
Potassium 270mg	6%

\*The % Daily Value (DV) 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.



**SINGLE 7OZ SMOOTHIE**

Item #26081



**SMOOTHIE SIX PACK**

Item #27455



HILANDDAIRY.COM

**7 OUNCES (207 ML)**

**6 / CASE**

# PIÑA COLADA SMOOTHIE

Nutrition Facts	
1 serving per container	
Serving size 1 container (207mL)	
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 33g	
Includes 24g Added Sugars	<b>48%</b>
<b>Protein</b> 6g	
Vitamin D 0.7mcg	4%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 260mg	6%
Vitamin A 70mcg	8%

\*The % Daily Value (DV) 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.

**INGREDIENTS:** CULTURED GRADE A SKIM MILK, PINA COLADA (SUGAR, WATER, PINEAPPLE JUICE CONCENTRATE, MODIFIED FOOD STARCH, NATURAL FLAVOR, PINEAPPLE PUREE, GUAVA PUREE, CITRIC ACID, PECTIN), LIQUID SUGAR (SUGAR, WATER), CREAM, SUGAR, POLYDEXTROSE, MODIFIED FOOD STARCH, GELATIN, TRICALCIUM PHOSPHATE, MONO & DIGLYCERIDES, PECTIN, POTASSIUM SORBATE (MAINTAINS FRESHNESS).  
**CONTAINS: MILK**



## SINGLE 7OZ SMOOTHIE

Item #24929



## SMOOTHIE SIX PACK

Item #21049



HILANDDAIRY.COM

**7 OUNCES (207 ML)**

**6 / CASE**



# STRAWBERRY SMOOTHIE

## Nutrition Facts

1 serving per container  
**Serving size 1 container (207mL)**

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**Amount per serving**  
**Calories 210**

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**% Daily Value\***

<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 33g	
Includes 25g Added Sugars	<b>50%</b>
<b>Protein</b> 6g	
Vitamin D 0.7mcg	4%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 270mg	6%
Vitamin A 70mcg	8%

\*The % Daily Value (DV) 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.



**SINGLE 7OZ SMOOTHIE**

Item #24932



**SMOOTHIE SIX PACK**

Item #21051



HILANDDAIRY.COM

**7 OUNCES (207 ML)**

**6 / CASE**

# STRAWBERRY BANANA SMOOTHIE



Nutrition Facts	
1 serving per container	
Serving size 1 container (207mL)	
Amount per serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 32g	
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 6g	
Vitamin D 0.7mcg	4%
Calcium 290mg	20%
Iron 0mg	0%
Potassium 260mg	6%
Vitamin A 70mcg	8%

\*The % Daily Value (DV) 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.



**SINGLE 7OZ SMOOTHIE**

Item #24931



**SMOOTHIE SIX PACK**

Item #21046



**INGREDIENTS:** CULTURED GRADE A SKIM MILK, STRAWBERRY BANANA FRUIT (WATER, SUGAR, STRAWBERRY PUREE, BANANA PUREE SEEDLESS, MODIFIED FOOD STARCH, NATURAL FLAVORS, PECTIN, RED #40 [COLOR], CALCIUM CHLORIDE), LIQUID SUGAR (SUGAR, WATER), CREAM, SUGAR, POLYDEXTROSE, MODIFIED FOOD STARCH, GELATIN, TRICALCIUM PHOSPHATE, MONO & DIGLYCERIDES, PECTIN, POTASSIUM SORBATE (MAINTAINS FRESHNESS).  
**CONTAINS: MILK**



HILANDDAIRY.COM

**7 OUNCES (207 ML)**

**6 / CASE**