

Looli

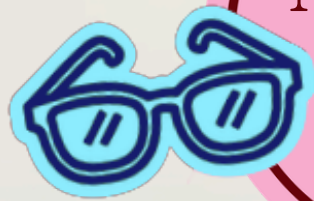
How To Use Our Nutrition Information



Nutrition info can be a great source of information as to how different foods or recipes may or may not make your body feel.

We break down our recipes into individual ingredients (as well as total it all) so you can begin to learn what foods provide what nutrients to your body and make correlations as to how this makes you feel.

Not into it or not ready to add this to your journey yet? No worries! Skip it for now and use only if or when it's helpful to you!



Nutrition Info



Cinnamon Roll Smoothie



			Cal	Fat	Protein	Carbs	Fiber	Cost
1	tbsp	Peanut Butter	94	8	3.5	4	1	0.15
0.5	cup	Great Northern Beans	100	0	6	18	6	0.26
1	each	Date	55	0	0.5	16.5	1.5	0.16
1	scoop	Vanilla Whey Protein Powder	120	2	24	3	0	1.27
1	tsp	Vanilla Extract	12	0	0	1	0	0.45
2	tbsp	Whipped Cream Cheese	50	4.5	1	2	0	0.21
0.5	tsp	Cinnamon	3	0	0.1	0.4	1	0.03
			434	14.5	35.1	44.9	9.5	2.53

Nutrition info is an estimate and may vary depending on preparation, ingredients, etc.