

Nutrition Facts	
Serving Size 1 cup (240 mL)	
Amount Per Serving	
Total Fat	10g
Total Carbohydrate	25g
Total Protein	5g
Dietary Fiber	3g
Sugars	12g
Sodium	100mg
Vitamin A	10%
Vitamin C	20%
Calcium	15%
Iron	10%

Ingredients		
1	Whole Milk	1 cup
2	Vanilla Extract	1/2 tsp
3	Ground Cinnamon	1/4 tsp
4	Ground Nutmeg	1/4 tsp
5	Ground Cloves	1/4 tsp
6	Ground Allspice	1/4 tsp
7	Ground Cardamom	1/4 tsp
8	Ground Ginger	1/4 tsp
9	Ground Fennel	1/4 tsp
10	Ground Anise	1/4 tsp
11	Ground Star Anise	1/4 tsp
12	Ground Licorice	1/4 tsp
13	Ground Saffron	1/4 tsp
14	Ground Turmeric	1/4 tsp
15	Ground Mustard	1/4 tsp
16	Ground Sesame	1/4 tsp
17	Ground Poppy	1/4 tsp
18	Ground Flax	1/4 tsp
19	Ground Chia	1/4 tsp
20	Ground Hemp	1/4 tsp
21	Ground Almond	1/4 tsp
22	Ground Cashew	1/4 tsp
23	Ground Pistachio	1/4 tsp
24	Ground Walnut	1/4 tsp
25	Ground Pecan	1/4 tsp
26	Ground Macadamia	1/4 tsp
27	Ground Brazil	1/4 tsp
28	Ground Paranota	1/4 tsp
29	Ground Pinot	1/4 tsp
30	Ground Akashi	1/4 tsp
31	Ground Tamarind	1/4 tsp
32	Ground Date	1/4 tsp
33	Ground Fig	1/4 tsp
34	Ground Apple	1/4 tsp
35	Ground Pear	1/4 tsp
36	Ground Peach	1/4 tsp
37	Ground Plum	1/4 tsp
38	Ground Apricot	1/4 tsp
39	Ground Cherry	1/4 tsp
40	Ground Raspberry	1/4 tsp
41	Ground Blackberry	1/4 tsp
42	Ground Strawberry	1/4 tsp
43	Ground Blueberry	1/4 tsp
44	Ground Rasp	1/4 tsp
45	Ground Black	1/4 tsp
46	Ground Red	1/4 tsp
47	Ground Purple	1/4 tsp
48	Ground Orange	1/4 tsp
49	Ground Lemon	1/4 tsp
50	Ground Lime	1/4 tsp
51	Ground Tangerine	1/4 tsp
52	Ground Grapefruit	1/4 tsp
53	Ground Citrus	1/4 tsp
54	Ground Berry	1/4 tsp
55	Ground Fruit	1/4 tsp
56	Ground Veg	1/4 tsp
57	Ground Herb	1/4 tsp
58	Ground Spice	1/4 tsp
59	Ground Blend	1/4 tsp
60	Ground Mix	1/4 tsp
61	Ground Coll	1/4 tsp
62	Ground Blend	1/4 tsp
63	Ground Mix	1/4 tsp
64	Ground Coll	1/4 tsp
65	Ground Blend	1/4 tsp
66	Ground Mix	1/4 tsp
67	Ground Coll	1/4 tsp
68	Ground Blend	1/4 tsp
69	Ground Mix	1/4 tsp
70	Ground Coll	1/4 tsp
71	Ground Blend	1/4 tsp
72	Ground Mix	1/4 tsp
73	Ground Coll	1/4 tsp
74	Ground Blend	1/4 tsp
75	Ground Mix	1/4 tsp
76	Ground Coll	1/4 tsp
77	Ground Blend	1/4 tsp
78	Ground Mix	1/4 tsp
79	Ground Coll	1/4 tsp
80	Ground Blend	1/4 tsp
81	Ground Mix	1/4 tsp
82	Ground Coll	1/4 tsp
83	Ground Blend	1/4 tsp
84	Ground Mix	1/4 tsp
85	Ground Coll	1/4 tsp
86	Ground Blend	1/4 tsp
87	Ground Mix	1/4 tsp
88	Ground Coll	1/4 tsp
89	Ground Blend	1/4 tsp
90	Ground Mix	1/4 tsp
91	Ground Coll	1/4 tsp
92	Ground Blend	1/4 tsp
93	Ground Mix	1/4 tsp
94	Ground Coll	1/4 tsp
95	Ground Blend	1/4 tsp
96	Ground Mix	1/4 tsp
97	Ground Coll	1/4 tsp
98	Ground Blend	1/4 tsp
99	Ground Mix	1/4 tsp
100	Ground Coll	1/4 tsp

RECIPE



Photo: [unreadable]