

Prebiotic & Probiotic Yogurt Lover's Choice

by Cafe Essentials®



Prebiotic & Probiotic Yogurt Lover's Choice

by Cafe Essentials®

Yogurt Lover's Choice is a non-fat delicious milky yogurty vanilla beverage with a hint of "vanilla soft serve-like" ending. Used primarily as a non-fat vanilla blend in for smoothies, it is also used as a base shake to add fruit, juice or syrups into.

This all natural blend contains prebiotics and probiotics. What are pre and probiotics? Simply, put, probiotics are healthy beneficial micro-organisms for your digestive system and a prebiotic is the lunch box the probiotic needs to survive in your digestive tract.



Benefits:

- ✓ **Good source of fiber**
- ✓ **Contains pre *and* probiotics**
- ✓ **Fat free**
- ✓ **No artificial flavors or colors**

Enjoy one or all of these serving suggestions.

Blend into your favorite fruit smoothie

Blend as a frappe and add puree to the bottom of the cup

Serve plain and stir in fruit

Serve it plain and add fruit to the top

Layer with other Cafe Essentials flavors