

Delicious and Nutritious

Non Fat Frozen Yogurt Note: 89grams = 3.15 ounces

	Calories Per Serving (89g)	Non Fat	No Sugar Added	Dairy Free	Contains Gluten	Contains Nuts	Contains Egg	Contains Soy
Tahitian Vanilla	110	*						
Vanilla Bean	100	*						
Dreamy Dark Chocolate	120	*						
Mint Chocolate Chip**	110	*				*tree nuts, not peanuts		*
Cheesecake	120	*						
Banana Rama	100	*						
Birthday Cake	100	*						
Southern Butter Pecan	100	*						
Mountain Blackberry	120	*						
Pomegranate Energy	120	*						
Candy Cane	110	*						
Cherry Amaretto	110	*						
Island Coconut	110	*						
Key Lime Bar	110	*						
Lemon Meringue Pie	110	*						

Low Fat Frozen Yogurt

	Calories Per Serving (89g)	Low Fat	No Sugar Added	Dairy Free	Contains Gluten	Contains Nuts	Contains Egg	Contains Soy
French Vanilla	120	*						
Home Churn Vanilla	120	*						
Triple Chocolate	130	*						
Cake Batter	110	*						
Cookies N Cream	120	*			*			*
Strawberry Sensation	120	*						
White Chocolate Mousse	140	*						*
Cupcake	130	*				coconut oil only		*
Sea Salt Caramel Pretzel	120	*			*	coconut oil only		*
Espresso	120	*						
Candy Bar Smash	130	*						
Cinnamon Bun	130	*				coconut oil only		*
Spiced Apple Pie	130	*						
Pumpkin Pie	130	*						
Old Fashion Peanut Butter	150	*				peanut, no tree nuts		

No Sugar Added Frozen Yogurt

	Calories Per Serving (90g)	Non Fat	No Sugar Added	Dairy Free	Contains Gluten	Contains Nuts	Contains Egg	Contains Soy
Wild Strawberry	80	*	*					
Chocolate	80	*	*					
Tahitian Vanilla	80	*	*					

Tart Frozen Yogurt

	Calories Per Serving (89g)	Non Fat	No Sugar Added	Dairy Free	Contains Gluten	Contains Nuts	Contains Egg	Contains Soy
Classic Tart	100	*						
Blueberry Tart	120	*						
Pomegranate Energy Tart	120	*						

Italian Ice / Whipped Italian Ice

	Calories Per Serving (89g)	Non Fat	No Sugar Added	Dairy Free	Contains Gluten	Contains Nuts	Contains Egg	Contains Soy
Italian Ice Base	90	*		*				
Pineapple Whip	90	*		*				
Tigers Blood	90	*		*				

Sorbet

	Calories Per Serving (89g)	Non Fat	No Sugar Added	Dairy Free	Contains Gluten	Contains Nuts	Contains Egg	Contains Soy
Watermelon	90	*		*				
Pomegranate Raspberry	100	*		*				
Blue Pop	90	*		*				
Tropical	100	*		*				
Pink Lemonade	90	*		*				*
Mango	90	*		*				
Valencia Orange	90	*		*				

Custard

	Calories Per Serving (89g)	Non Fat	No Sugar Added	Dairy Free	Contains Gluten	Contains Nuts	Contains Egg	Contains Soy
Vanilla Custard	180						*	
Chocolate Custard	180						*	

Gelato

	Calories Per Serving (89g)	Reduced Fat	No Sugar Added	Dairy Free	Contains Gluten	Contains Nuts	Contains Egg	Contains Soy
Ice Cream Sandwich	140	*					*	
Cookie Butter	170	*			*		*	*
Yellow Cake Batter	150	*					*	
Chocolate Chip Cookie Dough	140	*			*		*	*
Cappuccino	160	*					*	
Peanut Butter Fudge	150	*				peanuts, no tree nuts	*	*
Strawberry Shortcake	140	*					*	
Candy Bar Crunch	150	*				*	*	*
Chocolate (mix)	140	*					*	
Red Raspberry	150	*					*	
Vanilla (mix)	140	*					*	
Georgia Peach	150	*					*	