



Frozen Desserts

Nutrition Facts	brand comparisons where available	~WW Points Plus	Serving size	Price \$US
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Frozen Desserts: frozen yogurts, sorbets, frozen yogurt cakes, popsicles & sandwiches

For the creamy decadence of ice cream without the guilt or expanded waistline, our frozen yogurts are unmatched. At 6-9 grams of protein per ½ cup serving + 10% of your Daily Values of calcium, these are nutrient-packed meal replacements masquerading as dessert. We infuse our locally made fat free Greek-style yogurt with every imaginable flavor, so you can satisfy your cravings and feel full to stave off weight gain.

Our freshly churned frozen yogurts deliver the highest quality casein and whey protein, plus probiotic “live active cultures” to combat gastrointestinal and other health issues. Artificial ingredients, antibiotics and/or hormones are never part of our preparations. At *Fiber & Spice*, it’s all about feeding yourself right to feel great, retard aging and stay healthy.

FAT FREE FROZEN YOGURTS

Mexican Chocolate (w/cinnamon & spices)
(1/2 cup/110.6 g)

Total calories:	130		4	1 pint (4 servings)	5.00
Total fat:	0 g				
Sat fat:	0				
Polyunsat.:	0 g				
Monounsat.:	0 g				
Total carb:	27 g				
Protein:	6 g				
Fiber:	0 g				
Cholesterol:	0 g				
Sodium:	30 mg				
Sugar:	6 g				

Incredible Chocolate Hazelnut
(1/2 cup/110.6 g)

Total calories:	110		4	1 pint (4 servings)	5.00
Total fat:	3.5 g				
Sat fat:	0 g				
Polyunsat.:	0 g				
Monounsat.:	1.5 g				
Total carb:	14 g				
Protein:	6 g				



Madagascar Vanilla

(1/2 cup/110.6 g)

Fiber: 1 g
 Cholesterol: 0 g
 Sodium: 55 mg
 Sugar: 12 g

Total calories: 140
 Total fat: 1 g
 Sat fat: .5 g
 Polyunsat.: 0 g
 Monounsat.: 0 g
 Total carb: 23 g
 Protein: 9 g
 Fiber: 0 g
 Cholesterol: 0 mg
 Sodium: 50 mg
 Sugar: 19 g

4 1 pint (4 servings) 5.00

Original Vanilla Tart

(1/2 cup/110.6 g)

Total calories: 140
 Total fat: 1 g
 Sat fat: .5 g
 Polyunsat.: 0 g
 Monounsat.: 0 g
 Total carb: 23 g
 Protein: 9 g
 Fiber: 0 g
 Cholesterol: 0 mg
 Sodium: 50 mg
 Sugar: 19 g

4 1 pint (4 servings) 5.00

Nutty Pistachio

(1/2 cup/110.6 g)

Total calories: 130
 Total fat: 0 g
 Sat fat: 0 g
 Polyunsat.: 0 g
 Monounsat.: .5 g
 Total carb: 24 g
 Protein: 8 g
 Fiber: 0 g
 Cholesterol: 0 mg

4 1 pint (4 servings) 5.00



Very Strawberry
(1/2 cup/110.6 g)

Sodium: 30 mg
 Sugar: 6 g
 Total calories: 130
 Total fat: 0 g
 Sat fat: 0 g
 Polyunsat.: 0 g
 Monounsat.: 0 g
 Total carb: 24 g
 Protein: 8 g
 Fiber: 0 g
 Cholesterol: 0 mg
 Sodium: 30 mg
 Sugar: 6 g

4 1 pint
(4 servings) 5.00

Salted Caramel
(1/2 cup/110.6 g)

Total calories: 130
 Total fat: 0 g
 Sat fat: 0 g
 Polyunsat.: 0 g
 Monounsat.: 0 g
 Total carb: 27 g
 Protein: 6 g
 Fiber: 0 g
 Cholesterol: 0 mg
 Sodium: 30 mg
 Sugar: 6 g

4 1 pint
(4 servings) 5.00

Hazelnut Biscotti
(1/2 cup/110.6 g)

Total calories: 130
 Total fat: 2.5 g
 Sat fat: 1 g
 Polyunsat.: 0 g
 Monounsat.: 1.5 g
 Total carb: 27 g
 Protein: 6 g
 Fiber: 0 g
 Cholesterol: 0 mg
 Sodium: 30 mg

4 1 pint
(4 servings) 5.00



Zabaglione

(1/2 cup/110.6 g)

Sugar: 6 g
 Total calories: 120
 Total fat: 1 g
 Sat fat: 0 g
 Polyunsat.: 0 g
 Monounsat.: 0 g
 Total carb: 18 g
 Protein: 6 g
 Fiber: 0 g
 Cholesterol: 0 mg
 Sodium: 35 mg
 Sugar: 13 g

4 1 pint
 (4 servings) 5.00

Cappuccino Mocha Kahlua

(1/2 cup/110.6 g)

Total calories: 160
 Total fat: 0 g
 Sat fat: 0 g
 Polyunsat.: 0 g
 Monounsat.: 0 g
 Total carb: 31 g
 Protein: 7 g
 Fiber: 0 g
 Cholesterol: 0 mg
 Sodium: 30 mg
 Sugar: 6 g

4 1 pint
 (4 servings) 5.00

SORBETS

(1/2 cup/100 g)

Total calories: ~100
 Total fat: 0 g
 Sat fat: 0 g
 Polyunsat.: 0 g
 Monounsat.: 0 g
 Total carb: 27 g
 Protein: 0 g
 Fiber: 0 g
 Cholesterol: 0 mg
 Sodium: 0 g

~4 1 pint
 (4 servings) 5.00

~3 1 pint 5.00



Sorbet Flavors:

Fruit

Mango
Coconut
Guava
Pomegranate
Passion Fruit
Banana

Alcohol-infused

Piña Colada
Mojito
Magarita
Champagne
Kir Royale
Blackberry Merlot
Pink Grapefruit Campari
Blackcherry Kihafa
Strawberry Chardonnay

Also available:

Frozen yogurt cakes, cupcakes & pies

Sugar:	25 g			
Total calories:	~100 - 110	~3	1 pint	5.00
Total calories:	~110 - 120	~4	1 pint	6.00