

THE FRUIT STAND

Nutrition Guide | October 2026

1. BOWL BASES | per 1 cup prepared

Smoothie bases: Natural fruit sugars only - no added sugar.

Ingredient	Calories	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)	Fiber (g)	Vegan
Acai smoothie base	180	34	25	1	5	3	Yes
Special fruit smoothie base	170	38	30	2	1	2	Yes
Twist smoothie base (50/50)	175	36	28	1.5	3	2.5	Yes
Vanilla pound cake	390	49	28	5	19	1	No
Oatmeal warm or Overnight	155	27	1	6	3	4	Yes

2. FRUITS | per 1/2 cup

Ingredient	Calories	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)	Fiber (g)	Vegan
Strawberries	27	6.5	4	0.6	0.3	1.7	Yes
Banana	67	17	9	0.8	0.2	1.9	Yes
Blueberries	42	11	7	0.5	0.2	1.8	Yes
Pineapple	41	11	8	0.4	0.1	1.2	Yes
Apples	33	9	7	0.2	0.1	1.5	Yes
Grapes	52	14	12	0.5	0.1	0.7	Yes

3. CRUNCHIES | per 1/4 cup

Ingredient	Calories	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)	Fiber (g)	Vegan
Vanilla Granola	140	22	7	3	5	2	Yes
PB Protein Granola	218	21	7	20	6	2	Yes
Birthday Cake Granola	150	23	10	3	5	2	Yes
Blueberry Granola	140	23	9	3	4	2	Yes
Cherry Coconut Granola	155	23	10	3	6	2	Yes
Pie Crust	130	15	3	2	7	1	Yes
Oreo	150	22	13	2	7	1	Yes

Ingredient	Calories	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)	Fiber (g)	Vegan
Waffle cone	100	20	7	2	2	0.5	Yes
Toasted Coconut	115	5	2	1	11	3	Yes
Coconut Flakes	110	11	10	1	7	2	Yes
Peanuts	210	7	2	9	18	3	Yes
Almonds	205	8	2	8	18	4	Yes
Sprinkles	140	25	22	0	4	0	Yes
Chocolate Wafers	140	22	12	2	6	1	No
Chocolate Chips	200	25	22	2	12	3	Yes
Marshmallow Granola	155	26	12	3	5	2	Yes

4. DRIZZLES | per 1/8 cup (2 tablespoons)

Ingredient	Calories	Carbs (g)	Sugar (g)	Protein (g)	Fat (g)	Fiber (g)	Vegan
Nutella	200	23	21	2	11	1	Yes
Almond Butter	196	7	2	7	18	3	Yes
Peanut Butter	190	7	3	7	16	2	Yes
Agave	120	32	30	0	0	0	Yes
Caramel	110	27	20	0	1	0	Yes
Honey	128	35	34	0	0	0	No