

barista  
style  
frozen  
treat

yu•mi™

good ingredients.  
good taste.  
good feeling.  
● that's it.™

**you choose**  
**berry berry**

berry blend, banana,  
proprietary plant based raw protein blend

the details/our 6 oz has about this much: cal 180, protein 11.1g, fat 1g, carbs 27g, sugars 8g

**berry butterberry**

berry blend, banana, peanuts only peanut butter,  
proprietary plant based raw protein blend

the details/our 6 oz has about this much: cal 230, protein 12.25g, fat 4g, carbs 27.7g, sugars 9.3g

**chocolate berry**

berry blend, banana, 64% (or higher) dark chocolate,  
proprietary plant based raw protein blend

the details/our 6 oz has about this much: cal 265, protein 13g, fat 6.2g, carbs 32.7g, sugars 10.5

**chocolate butterberry**

berry blend, banana, peanuts only peanut butter, 70% dark  
chocolate, proprietary plant based raw protein blend

the details/our 6 oz has about this much: cal 315, protein 14.75g, fat 8.5g, carbs 36.2, sugars 10.9

**toppings** This is a great place to add protein, fat and/or carbs if you want!

**sunflower seeds (sprouted!)**  
nothing more about that

**gluten- free chocolate cookie**  
double chocolate, dairy free

**super crunch blend**  
sprouted whole grain cereal (not gluten-free)

(While yu • mi is gluten free, double-check the toppings and the chocolate since they may change from time to time. And we have nut versions in case you need to know that too.)

**Some other great information for you:**

yu • mi is a delicious treat or meal made of whole fruit and raw, plant based protein. It is easily digestible and nutrient dense containing the entire amino acid profile your body needs (and wants!). We accomplish this with cranberry, hemp and pea protein and few special flavors that add just the right touch! There is a smidge of Stevia in the mix-- but just a smidge; We do not add any other sweeteners (we let the whole fruit do that part and you might get lucky and find a big chunk of fruit or chocolate, depending on your flavor, here and there!); though, the dark chocolate may have raw cane sugar already in it. Rest assured, all raw, all pure, nothing to hide.