

FLAVIA Creation 400™ recipe guide

Nutritional quick facts on back.

Follow these basic recipes to make your own FLAVIA® creation...

cappuccinos



FLAVIA cappuccino

Choose the Coffee button. Select Cappuccino. Follow the instructions on the LCD display.



cappuccino/latte swirl + any coffee

lattes



FLAVIA Milky Way® latte

Choose the Indulgence button. Select Milky Way® latte. Follow the instructions on the LCD display.



Milky Way® swirl + any coffee



FLAVIA chai latte

Choose the Indulgence button. Select Chai Latte. Follow the instructions on the LCD display. Add sweetener to taste.



cappuccino/latte swirl + exotic chai

mochaccinos & chocolates



FLAVIA french vanilla mochaccino with DOVE®

Choose the Chocolates button. Select Mochaccino. Follow the instructions on the LCD display.



DOVE® hot chocolate + french vanilla



FLAVIA chococcino

Choose the Chocolates button. Select Mochaccino. Follow the instructions on the LCD display.



cappuccino/latte swirl + DOVE® hot chocolate

seasonal



FLAVIA peppermint paddy

Choose the Chocolates button. Select Mochaccino. Follow the instructions on the LCD display.



DOVE® hot chocolate + peppermint cool™



FLAVIA orange creamsicle

Choose the Indulgence button. Select Chai Latte. Follow the instructions on the LCD display. Add sweetener to taste.



cappuccino/latte swirl + white tea with orange



FLAVIA drinks nutritional quick facts

coffees*

breakfast blend

calories: 0
sugar: 0
caffeine: 50mg
carbs: 0

colombia

calories: 0
sugar: 0
caffeine: 90mg
carbs: 0

costa rica

calories: 0
sugar: 0
caffeine: 90mg
carbs: 0

espresso roast

calories: 0
sugar: 0
caffeine: 120mg
carbs: 0

ethiopian blend

calories: 0
sugar: 0
caffeine: 70mg
carbs: 0

french roast

calories: 0
sugar: 0
caffeine: 120mg
carbs: 0

french roast decaf

calories: 0
sugar: 0
caffeine: 4mg
carbs: 0

french vanilla

calories: 5
sugar: 0
caffeine: 50mg
carbs: 1g
additional flavorings

hazelnut

calories: 5
sugar: 0
caffeine: 50mg
carbs: 1g
additional flavorings

hazelnut decaf

calories: 0
sugar: 0
caffeine: 4mg
carbs: 0
additional flavorings

house blend

calories: 0
sugar: 0
caffeine: 70mg
carbs: 0

house blend decaf

calories: 0
sugar: 0
caffeine: 4mg
carbs: 0

intense dark roast

calories: 0
sugar: 0
caffeine: 160mg
carbs: 0

italian roast

calories: 0
sugar: 0
caffeine: 120mg
carbs: 0

kenya

calories: 0
sugar: 0
caffeine: 60mg
carbs: 0

kona blend

calories: 0
sugar: 0
caffeine: 90mg
carbs: 0

sumatra

calories: 0
sugar: 0
caffeine: 140mg
carbs: 0

teas*

earl grey

calories: 0
sugar: 0
caffeine: 40mg
carbs: 0

english breakfast

calories: 0
sugar: 0
caffeine: 50mg
carbs: 0

english breakfast decaf

calories: 0
sugar: 0
caffeine: 4mg
carbs: 0

exotic chai

calories: 0
sugar: 0
caffeine: 30mg
carbs: 0
fat: 0g
additional flavorings

green tea with jasmine

calories: 0
sugar: 0
caffeine: 30mg
carbs: 0

japanese green tea

calories: 0
sugar: 0
caffeine: 30mg
carbs: 0

lemon calm™

calories: 0
sugar: 0
caffeine: 0mg
carbs: 0

malawi garden™

calories: 0
sugar: 0
caffeine: 50mg
carbs: 0

peppermint cool™

calories: 0
sugar: 0
caffeine: 0mg
carbs: 0

raspberry spark

calories: 0
sugar: 0
caffeine: 0mg
carbs: 0

rooibos tea

calories: 0
sugar: 0
caffeine: 0mg
carbs: 0

white tea and orange

calories: 0
sugar: 0
caffeine: 30mg
carbs: 0

chocolates

DOVE® hot chocolate**

calories: 80
sugar: 11.8
caffeine: 0mg
carbs: 15
fat: 2.4g
additional flavorings

specialties

Milky Way® swirl**

calories: 60
sugar: 11
caffeine: n/a
carbs: 12
fat: 1g
additional flavorings

Mars® swirl**

calories: 70
sugar: 7
caffeine: 0mg
carbs: 10
fat: 2.5g
additional flavorings

cappuccino/latte swirl**

calories: 46
sugar: 7.7
caffeine: n/a
carbs: 7.9
fat: .01g
additional flavorings

latte creamer**

calories: 40
sugar: 1
caffeine: 0mg
carbs: 4
fat: 2.5g
additional flavorings



** Allergens: milk and soya from soya lecithin



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