



Banana Split

2 scoops Pre & Post Workout Creamy Chocolate
1/4 cup pineapple chunks
4 Large Strawberries
1/2 Large Banana
1 1/2 cups nonfat or 2% milk

Place all ingredients in a blender and blend until smooth.
Add crushed ice as desired for a rich milkshake effect.

With nonfat milk

Calories	539
Fat (g)	5
Saturated Fat (g)	2
Cholesterol (mg)	42
Sodium (mg)	322
Carbohydrate (g)	95
Fiber (g)	9
Protein (g)	35
Calcium (mg)	797

With 2% milk

Calories	586
Fat (g)	11
Saturated Fat (g)	6
Cholesterol (mg)	64
Sodium (mg)	268
Carbohydrate (g)	94
Fiber (g)	9
Protein (g)	34
Calcium (mg)	752

