



## Strawberry Banana Blast

2 scoops Pre & Post Workout Creamy Vanilla  
1 large banana  
4 large strawberries  
1½ cups nonfat milk 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

<b>Calories</b>	<b>520</b>
<b>Fat (g)</b>	<b>4</b>
<b>Saturated Fat (g)</b>	<b>2</b>
<b>Cholesterol (mg)</b>	<b>47</b>
<b>Sodium (mg)</b>	<b>347</b>
<b>Carbohydrate (g)</b>	<b>90</b>
<b>Fiber (g)</b>	<b>6</b>
<b>Protein (g)</b>	<b>35</b>
<b>Calcium (mg)</b>	<b>792</b>

With 2% milk

<b>Calories</b>	<b>567</b>
<b>Fat (g)</b>	<b>10</b>
<b>Saturated Fat (g)</b>	<b>6</b>
<b>Cholesterol (mg)</b>	<b>69</b>
<b>Sodium (mg)</b>	<b>302</b>
<b>Carbohydrate (g)</b>	<b>89</b>
<b>Fiber (g)</b>	<b>6</b>
<b>Protein (g)</b>	<b>34</b>
<b>Calcium (mg)</b>	<b>747</b>

