



Banana Freeze

2 scoops Pre & Post Workout Creamy Chocolate
1 large banana
1 cup nonfat vanilla frozen yogurt
1¹/₂ 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

| | |
|--------------------------|------------|
| Calories | 717 |
| Fat (g) | 4 |
| Saturated Fat (g) | 2 |
| Cholesterol (mg) | 51 |
| Sodium (mg) | 441 |
| Carbohydrate (g) | 131 |
| Fiber (g) | 7 |
| Protein (g) | 43 |
| Calcium (mg) | 981 |

With 2% milk

| | |
|--------------------------|------------|
| Calories | 764 |
| Fat (g) | 11 |
| Saturated Fat (g) | 6 |
| Cholesterol (mg) | 73 |
| Sodium (mg) | 396 |
| Carbohydrate (g) | 129 |
| Fiber (g) | 7 |
| Protein (g) | 42 |
| Calcium (mg) | 935 |

