



Chocolate Banana Crunch

2 scoops Pre & Post Workout Creamy Chocolate
1 large banana
4 chocolate wafer cookies
1¹/₂ 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	690
Fat (g)	14
Saturated Fat (g)	4
Cholesterol (mg)	42
Sodium (mg)	356
Carbohydrate (g)	112
Fiber (g)	7
Protein (g)	35
Calcium (mg)	781

With 2% milk

Calories	737
Fat (g)	20
Saturated Fat (g)	8
Cholesterol (mg)	64
Sodium (mg)	311
Carbohydrate (g)	111
Fiber (g)	7
Protein (g)	34
Calcium (mg)	735

