



## Banana Freeze

2 scoops WheySmooth Chocolate Crème  
1 large banana  
1 cup nonfat vanilla frozen yogurt  
1<sup>1</sup>/<sub>2</sub> cup 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>717</b>
<b>Fat (g)</b>	<b>6</b>
<b>Saturated Fat (g)</b>	<b>3</b>
<b>Cholesterol (mg)</b>	<b>101</b>
<b>Sodium (mg)</b>	<b>401</b>
<b>Carbohydrate (g)</b>	<b>108</b>
<b>Fiber (g)</b>	<b>7</b>
<b>Protein (g)</b>	<b>63</b>
<b>Calcium (mg)</b>	<b>981</b>

With 2% milk

<b>Calories</b>	<b>764</b>
<b>Fat (g)</b>	<b>12</b>
<b>Saturated Fat (g)</b>	<b>7</b>
<b>Cholesterol (mg)</b>	<b>123</b>
<b>Sodium (mg)</b>	<b>356</b>
<b>Carbohydrate (g)</b>	<b>106</b>
<b>Fiber (g)</b>	<b>7</b>
<b>Protein (g)</b>	<b>62</b>
<b>Calcium (mg)</b>	<b>935</b>

