



Banana Freeze

- 4 scoops Chocolate Blast First String
- 1 large banana
- 1 cup nonfat vanilla frozen yogurt
- 1 1/2 cups nonfat, 2% or whole milk

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

With nonfat milk

Calories	1027
Fat (g)	7.5
Saturated Fat (g)	3.5
Cholesterol (mg)	127
Sodium (mg)	476
Carbohydrate (g)	177
Fiber (g)	7
Protein (g)	65
Calcium (mg)	981

With 2% milk

Calories	1049
Fat (g)	10.5
Saturated Fat (g)	4.5
Cholesterol (mg)	135
Sodium (mg)	473
Carbohydrate (g)	176
Fiber (g)	7
Protein (g)	64
Calcium (mg)	977

With whole milk

Calories	1131
Fat (g)	18
Saturated Fat (g)	9
Cholesterol (mg)	146
Sodium (mg)	428
Carbohydrate (g)	183
Fiber (g)	7
Protein (g)	63
Calcium (mg)	1021

