



## Chocolate Malt

2 scoops Pre & Post Workout Creamy Chocolate  
1 tbsp malted milk powder  
1<sup>1</sup>/<sub>2</sub> 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>405</b>
<b>Fat (g)</b>	<b>5</b>
<b>Saturated Fat (g)</b>	<b>2</b>
<b>Cholesterol (mg)</b>	<b>44</b>
<b>Sodium (mg)</b>	<b>348</b>
<b>Carbohydrate (g)</b>	<b>58</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>34</b>
<b>Calcium (mg)</b>	<b>774</b>

With 2% milk

<b>Calories</b>	<b>452</b>
<b>Fat (g)</b>	<b>11</b>
<b>Saturated Fat (g)</b>	<b>6</b>
<b>Cholesterol (mg)</b>	<b>66</b>
<b>Sodium (mg)</b>	<b>303</b>
<b>Carbohydrate (g)</b>	<b>57</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>33</b>
<b>Calcium (mg)</b>	<b>728</b>

