



## Strawberry Chocolate Smash

2 scoops Chocolate Crème Whey Smooth  
1 tbsp of chocolate syrup  
1 cup of strawberries  
1½ 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>479</b>
<b>Fat (g)</b>	<b>6</b>
<b>Saturated Fat (g)</b>	<b>3</b>
<b>Cholesterol (mg)</b>	<b>92</b>
<b>Sodium (mg)</b>	<b>289</b>
<b>Carbohydrate (g)</b>	<b>55</b>
<b>Fiber (g)</b>	<b>7</b>
<b>Protein (g)</b>	<b>54</b>
<b>Calcium (mg)</b>	<b>801</b>

With 2% milk

<b>Calories</b>	<b>522</b>
<b>Fat (g)</b>	<b>12</b>
<b>Saturated Fat (g)</b>	<b>7</b>
<b>Cholesterol (mg)</b>	<b>114</b>
<b>Sodium (mg)</b>	<b>244</b>
<b>Carbohydrate (g)</b>	<b>53</b>
<b>Fiber (g)</b>	<b>6</b>
<b>Protein (g)</b>	<b>53</b>
<b>Calcium (mg)</b>	<b>753</b>

