



Chocolate Banana Crunch

2 scoops WheySmooth Chocolate Crème
1 large banana
4 chocolate wafer cookies
1½ 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

Calories	691
Fat (g)	16
Saturated Fat (g)	5
Cholesterol (mg)	92
Sodium (mg)	316
Carbohydrate (g)	89
Fiber (g)	7
Protein (g)	55
Calcium (mg)	781

With 2% milk

Calories	738
Fat (g)	22
Saturated Fat (g)	9
Cholesterol (mg)	114
Sodium (mg)	271
Carbohydrate (g)	88
Fiber (g)	7
Protein (g)	54
Calcium (mg)	735

