



## Chocolate Dipped Banana

2 scoops Pre & Post Workout Creamy Chocolate  
1 large banana  
2 tbsp Chocolate syrup  
4 oz nonfat frozen yogurt  
1<sup>1</sup>/<sub>2</sub> cups nonfat 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>724</b>
<b>Fat (g)</b>	<b>4</b>
<b>Saturated Fat (g)</b>	<b>2</b>
<b>Cholesterol (mg)</b>	<b>48</b>
<b>Sodium (mg)</b>	<b>406</b>
<b>Carbohydrate (g)</b>	<b>135</b>
<b>Fiber (g)</b>	<b>7</b>
<b>Protein (g)</b>	<b>40</b>
<b>Calcium (mg)</b>	<b>897</b>

With 2% milk

<b>Calories</b>	<b>771</b>
<b>Fat (g)</b>	<b>11</b>
<b>Saturated Fat (g)</b>	<b>6</b>
<b>Cholesterol (mg)</b>	<b>69</b>
<b>Sodium (mg)</b>	<b>361</b>
<b>Carbohydrate (g)</b>	<b>134</b>
<b>Fiber (g)</b>	<b>7</b>
<b>Protein (g)</b>	<b>39</b>
<b>Calcium (mg)</b>	<b>851</b>

