Michele Sodon

CHOCO BANANA COOKIE

154	55g	89g	16g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1	LARGE BANANA
4	CHOCOLATE WAFER COOKIES
1½	NONFAT FROZEN YOGURT
2 SCOOPS	WHEY PROTEIN POWDER CHOLOCLATE (22 GRAMS/PER SCOOP)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

CHOCO CREME

441	63g	47g	5g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

2 C	NON-FAT CHOCOLATE FROZEN YOGURT
½ C	NON-FAT MILK
2 SCOOPS	WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/ SCOOP)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

CHOCO MALT

406	54g	35g	6g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 TBSP	MALTED MILK POWDER
2 SCOOPS	WHEY PROTEIN POWDER CHOLOCLATE (22 GRAMS/PER SCOOP)
½	NONFAT FROZEN YOGURT

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.