Michele Sodon

CHOCO BANANA

724	60g	112g	6g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1	LARGE BANANA
1 TBSP	CHOCOLATE SYRUP
4OZ	NONFAT FROZEN YOGURT
2 SCOOPS	WHEY PROTEIN POWDER CHOLOCLATE (22 GRAMS/PER SCOOP)
½ C	NON-FAT MILK

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

CHOCO PEACH

398	49g	41g	5g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

3	FROZEN PEACH SLICES
½	FRESH PINEAPPLE CHUNKS
2 SCOOPS	SCOOPS WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/ SCOOP)
1 C	NON-FAT MILK

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