



Chocolate Banana Crunch

- 4 scoops Chocolate Blast First String
- 1 large banana
- 4 chocolate wafer cookies
- 1½ cups nonfat, 2% or whole milk

Place all ingredients in blender and blend until smooth.
Add crushed ice as desired for a rich milkshake effect.

With nonfat milk

Calories	1013
Fat (g)	16.5
Saturated Fat (g)	5.5
Cholesterol (mg)	107
Sodium (mg)	390
Carbohydrate (g)	165
Fiber (g)	7
Protein (g)	57
Calcium (mg)	781

With 2% milk

Calories	1061
Fat (g)	23.5
Saturated Fat (g)	9.5
Cholesterol (mg)	129
Sodium (mg)	345
Carbohydrate (g)	164
Fiber (g)	7
Protein (g)	56
Calcium (mg)	737

With whole milk

Calories	1104
Fat (g)	28
Saturated Fat (g)	12
Cholesterol (mg)	137
Sodium (mg)	342
Carbohydrate (g)	164
Fiber (g)	7
Protein (g)	56
Calcium (mg)	821

