



## Banana Split

2 scoops WheySmooth Chocolate Crème  
1/4 cup pineapple chunks  
4 Large Strawberries  
1/2 Large Banana  
1 1/2 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

<b>Calories</b>	<b>539</b>
<b>Fat (g)</b>	<b>6</b>
<b>Saturated Fat (g)</b>	<b>3</b>
<b>Cholesterol (mg)</b>	<b>92</b>
<b>Sodium (mg)</b>	<b>282</b>
<b>Carbohydrate (g)</b>	<b>72</b>
<b>Fiber (g)</b>	<b>9</b>
<b>Protein (g)</b>	<b>55</b>
<b>Calcium (mg)</b>	<b>797</b>

With 2% milk

<b>Calories</b>	<b>586</b>
<b>Fat (g)</b>	<b>12</b>
<b>Saturated Fat (g)</b>	<b>7</b>
<b>Cholesterol (mg)</b>	<b>114</b>
<b>Sodium (mg)</b>	<b>238</b>
<b>Carbohydrate (g)</b>	<b>71</b>
<b>Fiber (g)</b>	<b>9</b>
<b>Protein (g)</b>	<b>54</b>
<b>Calcium (mg)</b>	<b>752</b>

