



## Chocolate Freeze

2 scoops Pre & Post Workout Creamy Chocolate  
1 cup nonfat chocolate 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>551</b>
<b>Fat (g)</b>	<b>4</b>
<b>Saturated Fat (g)</b>	<b>1</b>
<b>Cholesterol (mg)</b>	<b>49</b>
<b>Sodium (mg)</b>	<b>375</b>
<b>Carbohydrate (g)</b>	<b>93</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>37</b>
<b>Calcium (mg)</b>	<b>816</b>

With 2% milk

<b>Calories</b>	<b>582</b>
<b>Fat (g)</b>	<b>8</b>
<b>Saturated Fat (g)</b>	<b>4</b>
<b>Cholesterol (mg)</b>	<b>64</b>
<b>Sodium (mg)</b>	<b>345</b>
<b>Carbohydrate (g)</b>	<b>92</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>36</b>
<b>Calcium (mg)</b>	<b>785</b>

