



Chocolate Dipped Banana

2 scoops WheySmooth Chocolate Crème
1 large banana
2 tbsp Chocolate syrup
4 oz nonfat frozen yogurt
1½ 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

Calories	724
Fat (g)	6
Saturated Fat (g)	3
Cholesterol (mg)	98
Sodium (mg)	366
Carbohydrate (g)	112
Fiber (g)	7
Protein (g)	60
Calcium (mg)	897

With 2% milk

Calories	771
Fat (g)	12
Saturated Fat (g)	7
Cholesterol (mg)	119
Sodium (mg)	321
Carbohydrate (g)	111
Fiber (g)	7
Protein (g)	59
Calcium (mg)	851

