



Chocolate Freeze

2 scoops WheySmooth Chocolate Crème
1 cup nonfat chocolate frozen yogurt
1¹/₂ 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

Calories	441
Fat (g)	5
Saturated Fat (g)	2
Cholesterol (mg)	94
Sodium (mg)	275
Carbohydrate (g)	47
Fiber (g)	3
Protein (g)	53
Calcium (mg)	716

With 2% milk

Calories	472
Fat (g)	9
Saturated Fat (g)	5
Cholesterol (mg)	109
Sodium (mg)	245
Carbohydrate (g)	46
Fiber (g)	3
Protein (g)	52
Calcium (mg)	685

