



CHOCO BANANA



INGREDIENTS:

- | | |
|-----------------|---|
| 1 | LARGE BANANA |
| 1 TBSP | CHOCOLATE SYRUP |
| 4 OZ | NONFAT FROZEN YOGURT |
| 2 SCOOPS | WHEY PROTEIN POWDER
CHOCOLATE (22 GRAMS/PER SCOOP) |
| ½ C | NON-FAT MILK |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



CHOCO PEACH



INGREDIENTS:

- | | |
|-----------------|---|
| 3 | FROZEN PEACH SLICES |
| ½ | FRESH PINEAPPLE CHUNKS |
| 2 SCOOPS | SCOOPS WHEY PROTEIN POWDER
CHOCOLATE (22 GRAMS/ SCOOP) |
| 1 C | NON-FAT MILK |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

