

## CHOCO STRAWBERRY

<b>479</b>	<b>54g</b>	<b>55g</b>	<b>8g</b>
<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>

### INGREDIENTS:

<b>1 TBSP</b>	OF CHOCOLATE SYRUP
<b>1 C</b>	OF STRAWBERRIES
<b>2 SCOOPS</b>	WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/PER SCOOP)
<b>½ C</b>	NON-FAT MILK

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



## CINNAMON BUN

<b>414</b>	<b>53g</b>	<b>39g</b>	<b>5g</b>
<b>CALORIES</b>	<b>PROTEIN</b>	<b>CARBS</b>	<b>FAT</b>

### INGREDIENTS:

<b>1 TBSP</b>	FAT-FREE BUTTER REPLACEMENT
<b>½ TBSP</b>	CINNAMON
<b>2 SCOOPS</b>	WHEY PROTEIN POWDER VANILLA (22 GRAMS/ PER SCOOP)
<b>1 C</b>	NON-FAT MILK

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

