



Strawberry Chocolate Smash

2 scoops Pre & Post Workout Creamy Chocolate
1 tbsp of chocolate syrup
1 cup of strawberries
1¹/₂ cups 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	475
Fat (g)	4
Saturated Fat (g)	2
Cholesterol (mg)	42
Sodium (mg)	329
Carbohydrate (g)	77
Fiber (g)	6
Protein (g)	34
Calcium (mg)	798

With 2% milk

Calories	522
Fat (g)	11
Saturated Fat (g)	6
Cholesterol (mg)	64
Sodium (mg)	284
Carbohydrate (g)	76
Fiber (g)	6
Protein (g)	33
Calcium (mg)	753

