



Strawberry Banana Blast

4 scoops First String Vanilla Blast
1 large banana
4 large strawberries
1 1/2 cups nonfat milk, 2% or whole 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	850
Fat (g)	9
Saturated Fat (g)	3
Cholesterol (mg)	107
Sodium (mg)	357
Carbohydrate (g)	141
Fiber (g)	6
Protein (g)	57
Calcium (mg)	892

With 2% milk

Calories	897
Fat (g)	15
Saturated Fat (g)	7
Cholesterol (mg)	129
Sodium (mg)	312
Carbohydrate (g)	140
Fiber (g)	6
Protein (g)	56
Calcium (mg)	847

With whole milk

Calories	934
Fat (g)	20
Saturated Fat (g)	9
Cholesterol (mg)	137
Sodium (mg)	309
Carbohydrate (g)	139
Fiber (g)	6
Protein (g)	56
Calcium (mg)	832

