



Berry Bliss

2 scoops Pre & Post Workout Creamy Vanilla
1/2 cup fresh blueberries
1/2 cup fresh strawberries
1/2 cup fresh raspberries
1 1/2 cup nonfat 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	472
Fat (g)	4
Saturated Fat (g)	1.5
Cholesterol (mg)	47
Sodium (mg)	282
Carbohydrate (g)	53
Fiber (g)	7
Protein (g)	55
Calcium (mg)	756

With 2% milk

Calories	520
Fat (g)	11
Saturated Fat (g)	5.5
Cholesterol (mg)	69
Sodium (mg)	238
Carbohydrate (g)	52
Fiber (g)	7
Protein (g)	54
Calcium (mg)	711

