



Chocolate Peanut Butter Dream

- 4 scoops Chocolate Blast First String
- 2 Tbsp peanut butter
- 1 1/2 cups nonfat, 2% or whole milk

Place all ingredients in blender and blend until smooth.
Add crushed ice as desired for a rich milkshake effect.

With nonfat milk

Calories	894
Fat (g)	23.5
Saturated Fat (g)	6.5
Cholesterol (mg)	107
Sodium (mg)	502
Carbohydrate (g)	114
Fiber (g)	5
Protein (g)	63
Calcium (mg)	788

With 2% milk

Calories	942
Fat (g)	29.5
Saturated Fat (g)	10.5
Cholesterol (mg)	129
Sodium (mg)	458
Carbohydrate (g)	113
Fiber (g)	5
Protein (g)	62
Calcium (mg)	744

With whole milk

Calories	980
Fat (g)	35
Saturated Fat (g)	13
Cholesterol (mg)	137
Sodium (mg)	457
Carbohydrate (g)	113
Fiber (g)	5
Protein (g)	61
Calcium (mg)	814

