



Tropic Breeze

2 scoops Pre & Post Workout Creamy Vanilla
1/2 cup fresh pineapple chunks
1 cup orange juice
2 tbsp shredded coconut
1¹/₂ cups 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	581
Fat (g)	8
Saturated Fat (g)	5
Cholesterol (mg)	47
Sodium (mg)	391
Carbohydrate (g)	96
Fiber (g)	3
Protein (g)	36
Calcium (mg)	806

With 2% milk

Calories	628
Fat (g)	14
Saturated Fat (g)	9
Cholesterol (mg)	69
Sodium (mg)	346
Carbohydrate (g)	94
Fiber (g)	3
Protein (g)	35
Calcium (mg)	760

