



Morning Star

2 scoops Pre & Post Workout Creamy Vanilla
1 cup orange juice
1 large banana
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 | 607 |
| Fat (g) | 4 |
| Saturated Fat (g) | 2 |
| Cholesterol (mg) | 47 |
| Sodium (mg) | 361 |
| Carbohydrate (g) | 112 |
| Fiber (g) | 5 |
| Protein (g) | 37 |
| Calcium (mg) | 801 |

With 2% milk

| | |
|--------------------------|------------|
| Calories | 654 |
| Fat (g) | 10 |
| Saturated Fat (g) | 6 |
| Cholesterol (mg) | 69 |
| Sodium (mg) | 316 |
| Carbohydrate (g) | 110 |
| Fiber (g) | 5 |
| Protein (g) | 36 |
| Calcium (mg) | 755 |

