



Bermuda Triangle

2 scoops Pre & Post Workout Creamy Vanilla
3 frozen peach slices
1/4 cup fresh pineapple chunks
1 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	401
Fat (g)	3
Saturated Fat (g)	1
Cholesterol (mg)	45
Sodium (mg)	283
Carbohydrate (g)	66
Fiber (g)	3
Protein (g)	29
Calcium (mg)	624

With 2% milk

Calories	433
Fat (g)	7
Saturated Fat (g)	4
Cholesterol (mg)	60
Sodium (mg)	254
Carbohydrate (g)	65
Fiber (g)	3
Protein (g)	29
Calcium (mg)	593

