



Banana Split

- 4 scoops First String Chocolate Blast
- 1/4 cup pineapple chunks
- 4 Large Strawberries
- 1/2 Large Banana
- 1 1/2 cups nonfat, 2% or whole 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	869
Fat (g)	8
Saturated Fat (g)	3
Cholesterol (mg)	107
Sodium (mg)	357
Carbohydrate (g)	149
Fiber (g)	9
Protein (g)	57
Calcium (mg)	897

With 2% milk

Calories	916
Fat (g)	14
Saturated Fat (g)	7
Cholesterol (mg)	129
Sodium (mg)	313
Carbohydrate (g)	148
Fiber (g)	9
Protein (g)	56
Calcium (mg)	852

With whole milk

Calories	953
Fat (g)	19
Saturated Fat (g)	10
Cholesterol (mg)	137
Sodium (mg)	309
Carbohydrate (g)	147
Fiber (g)	9
Protein (g)	56
Calcium (mg)	837

