



Morning Star

2 scoops WheySmooth Vanilla Crème
1 cup orange juice
1 large banana
1½ cup nonfat milk 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)	6
Saturated Fat (g)	2
Cholesterol (mg)	92
Sodium (mg)	296
Carbohydrate (g)	88
Fiber (g)	5
Protein (g)	57
Calcium (mg)	751

With 2% milk

Calories	654
Fat (g)	12
Saturated Fat (g)	6
Cholesterol (mg)	114
Sodium (mg)	251
Carbohydrate (g)	86
Fiber (g)	5
Protein (g)	56
Calcium (mg)	705

