



Mocha Madness

2 scoops WheySmooth Chocolate Crème
1 tbsp instant coffee
1 cup nonfat vanilla frozen yogurt
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	382
Fat (g)	5
Saturated Fat (g)	3
Cholesterol (mg)	92
Sodium (mg)	281
Carbohydrate (g)	32
Fiber (g)	3
Protein (g)	53
Calcium (mg)	778

With 2% milk

Calories	430
Fat (g)	12
Saturated Fat (g)	7
Cholesterol (mg)	114
Sodium (mg)	236
Carbohydrate (g)	30
Fiber (g)	3
Protein (g)	52
Calcium (mg)	732

