



Chocolate Dipped Banana

- 4 scoops Chocolate Blast First String
- 1 Banana
- 2 Tbsp Hershey's Chocolate Syrup
- 4 oz nonfat frozen yogurt
- 1 1/2 cups 1%, 2% or whole milk

Place all ingredients in blender and blend until smooth.
Add crushed ice as desired for a rich milkshake effect.

With 1% milk

Calories	1014
Fat (g)	11.5
Saturated Fat (g)	5.5
Cholesterol (mg)	130
Sodium (mg)	332
Carbohydrate (g)	175
Fiber (g)	7
Protein (g)	56
Calcium (mg)	694

With 2% milk

Calories	1049
Fat (g)	10.5
Saturated Fat (g)	4.5
Cholesterol (mg)	125
Sodium (mg)	428
Carbohydrate (g)	181
Fiber (g)	7
Protein (g)	61
Calcium (mg)	877

With whole milk

Calories	1246
Fat (g)	28
Saturated Fat (g)	15
Cholesterol (mg)	137
Sodium (mg)	382
Carbohydrate (g)	190
Fiber (g)	7
Protein (g)	56
Calcium (mg)	835

