



A Little Peach of Heaven

- 2 scoops Pre & Post Workout Creamy Vanilla
- 4 tbsp non-dairy creamer
- 1 tsp vanilla extract
- 1/4 cup frozen strawberries
- 1 cup frozen peach slices
- 4 vanilla wafer cookies
- 1/4 tsp cinnamon
- 3 packets NutraSweet or Equal
- 1 1/2 cups 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	828
Fat (g)	13
Saturated Fat (g)	8
Cholesterol (mg)	47
Sodium (mg)	421
Carbohydrate (g)	140
Fiber (g)	7
Protein (g)	36
Calcium (mg)	797

With 2% milk

Calories	875
Fat (g)	19
Saturated Fat (g)	12
Cholesterol (mg)	69
Sodium (mg)	376
Carbohydrate (g)	139
Fiber (g)	7
Protein (g)	34
Calcium (mg)	751

