



Mocha Madness

2 scoops Pre & Post Workout Creamy Chocolate
1 tbsp instant coffee
1 cup nonfat vanilla frozen yogurt
1¹/₂ cups nonfat 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)	4
Saturated Fat (g)	2
Cholesterol (mg)	42
Sodium (mg)	321
Carbohydrate (g)	55
Fiber (g)	3
Protein (g)	33
Calcium (mg)	778

With 2% milk

Calories	430
Fat (g)	10
Saturated Fat (g)	6
Cholesterol (mg)	64
Sodium (mg)	276
Carbohydrate (g)	53
Fiber (g)	3
Protein (g)	32
Calcium (mg)	732

