



Bermuda Triangle

2 scoops WheySmooth Vanilla Crème
3 frozen peach slices
1/4 cup fresh pineapple chunks
1 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	398
Fat (g)	5
Saturated Fat (g)	2
Cholesterol (mg)	90
Sodium (mg)	218
Carbohydrate (g)	41
Fiber (g)	2
Protein (g)	49
Calcium (mg)	573

With 2% milk

Calories	429
Fat (g)	9
Saturated Fat (g)	5
Cholesterol (mg)	105
Sodium (mg)	189
Carbohydrate (g)	40
Fiber (g)	2
Protein (g)	49
Calcium (mg)	542

