



## Chocolate Malt

- 2 scoops Creamy Chocolate Whey Smooth
- 1 Tbsp malted milk powder
- 1 1/2 cups nonfat or 2% milk

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

With nonfat milk

<b>Calories</b>	<b>406</b>
<b>Fat (g)</b>	<b>6</b>
<b>Saturated Fat (g)</b>	<b>3</b>
<b>Cholesterol (mg)</b>	<b>94</b>
<b>Sodium (mg)</b>	<b>313</b>
<b>Carbohydrate (g)</b>	<b>35</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>54</b>
<b>Calcium (mg)</b>	<b>787</b>

With 2% milk

<b>Calories</b>	<b>454</b>
<b>Fat (g)</b>	<b>12</b>
<b>Saturated Fat (g)</b>	<b>7</b>
<b>Cholesterol (mg)</b>	<b>116</b>
<b>Sodium (mg)</b>	<b>269</b>
<b>Carbohydrate (g)</b>	<b>34</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>53</b>
<b>Calcium (mg)</b>	<b>743</b>

