



## Chocolate Freeze

4 scoops First String Chocolate Blast  
1 cup nonfat chocolate frozen yogurt  
1 1/2 cups nonfat milk, 2% or whole milk

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

### With nonfat milk

<b>Calories</b>	<b>926</b>
<b>Fat (g)</b>	<b>7</b>
<b>Saturated Fat (g)</b>	<b>3</b>
<b>Cholesterol (mg)</b>	<b>116</b>
<b>Sodium (mg)</b>	<b>475</b>
<b>Carbohydrate (g)</b>	<b>153</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>63</b>
<b>Calcium (mg)</b>	<b>1074</b>

### With 2% milk

<b>Calories</b>	<b>973</b>
<b>Fat (g)</b>	<b>13</b>
<b>Saturated Fat (g)</b>	<b>7</b>
<b>Cholesterol (mg)</b>	<b>138</b>
<b>Sodium (mg)</b>	<b>430</b>
<b>Carbohydrate (g)</b>	<b>152</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>62</b>
<b>Calcium (mg)</b>	<b>1028</b>

### With whole milk

<b>Calories</b>	<b>827</b>
<b>Fat (g)</b>	<b>14</b>
<b>Saturated Fat (g)</b>	<b>7</b>
<b>Cholesterol (mg)</b>	<b>129</b>
<b>Sodium (mg)</b>	<b>318</b>
<b>Carbohydrate (g)</b>	<b>123</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>54</b>
<b>Calcium (mg)</b>	<b>776</b>

