



Lifestyle Wellness Academy

CHOCO BANANA



INGREDIENTS:

1	LARGE BANANA
1 TBSP	CHOCOLATE SYRUP
4OZ	NONFAT FROZEN YOGURT
2 SCOOPS	WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/PER SCOOP)
½ C	NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



CHOCO PEACH



INGREDIENTS:

3	FROZEN PEACH SLICES
½	FRESH PINEAPPLE CHUNKS
2 SCOOPS	SCOOPS WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/ SCOOP)
1 C	NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

