



Berry Bliss

2 scoops WheySmooth Vanilla Crème
1/2 cup fresh blueberries
1/2 cup fresh strawberries
1/2 cup fresh raspberries
1 1/2 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	472
Fat (g)	6
Saturated Fat (g)	2
Cholesterol (mg)	92
Sodium (mg)	282
Carbohydrate (g)	53
Fiber (g)	8
Protein (g)	55
Calcium (mg)	755

With 2% milk

Calories	519
Fat (g)	11
Saturated Fat (g)	6
Cholesterol (mg)	114
Sodium (mg)	237
Carbohydrate (g)	52
Fiber (g)	8
Protein (g)	54
Calcium (mg)	709

