



## Strawberry Chocolate Smash

- 4 scoops First String Chocolate Blast
- 1 tbsp of chocolate syrup
- 1 cup of strawberries
- 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>805</b> |
| <b>Fat (g)</b>           | <b>7</b>   |
| <b>Saturated Fat (g)</b> | <b>3</b>   |
| <b>Cholesterol (mg)</b>  | <b>107</b> |
| <b>Sodium (mg)</b>       | <b>364</b> |
| <b>Carbohydrate (g)</b>  | <b>131</b> |
| <b>Fiber (g)</b>         | <b>6</b>   |
| <b>Protein (g)</b>       | <b>56</b>  |
| <b>Calcium (mg)</b>      | <b>898</b> |

### With 2% milk

|                          |            |
|--------------------------|------------|
| <b>Calories</b>          | <b>852</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>319</b> |
| <b>Carbohydrate (g)</b>  | <b>130</b> |
| <b>Fiber (g)</b>         | <b>6</b>   |
| <b>Protein (g)</b>       | <b>55</b>  |
| <b>Calcium (mg)</b>      | <b>853</b> |

### With whole milk

|                          |            |
|--------------------------|------------|
| <b>Calories</b>          | <b>889</b> |
| <b>Fat (g)</b>           | <b>18</b>  |
| <b>Saturated Fat (g)</b> | <b>9</b>   |
| <b>Cholesterol (mg)</b>  | <b>137</b> |
| <b>Sodium (mg)</b>       | <b>316</b> |
| <b>Carbohydrate (g)</b>  | <b>129</b> |
| <b>Fiber (g)</b>         | <b>6</b>   |
| <b>Protein (g)</b>       | <b>55</b>  |
| <b>Calcium (mg)</b>      | <b>838</b> |

