



## Tropic Breeze

2 scoops WheySmooth Vanilla Crème  
1/2 cup fresh pineapple chunks  
1 cup orange juice  
2 tbsp shredded coconut  
1<sup>1</sup>/<sub>2</sub> 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

<b>Calories</b>	<b>581</b>
<b>Fat (g)</b>	<b>10</b>
<b>Saturated Fat (g)</b>	<b>6</b>
<b>Cholesterol (mg)</b>	<b>92</b>
<b>Sodium (mg)</b>	<b>326</b>
<b>Carbohydrate (g)</b>	<b>72</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>56</b>
<b>Calcium (mg)</b>	<b>756</b>

With 2% milk

<b>Calories</b>	<b>628</b>
<b>Fat (g)</b>	<b>16</b>
<b>Saturated Fat (g)</b>	<b>10</b>
<b>Cholesterol (mg)</b>	<b>114</b>
<b>Sodium (mg)</b>	<b>281</b>
<b>Carbohydrate (g)</b>	<b>70</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>55</b>
<b>Calcium (mg)</b>	<b>710</b>

