



Morning Star

- 4 scoops First String Vanilla Blast
- 1 cup orange juice
- 1 large banana
- 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

Calories	937
Fat (g)	8
Saturated Fat (g)	3
Cholesterol (mg)	107
Sodium (mg)	371
Carbohydrate (g)	163
Fiber (g)	5
Protein (g)	59
Calcium (mg)	901

With 2% milk

Calories	984
Fat (g)	15
Saturated Fat (g)	7
Cholesterol (mg)	129
Sodium (mg)	326
Carbohydrate (g)	161
Fiber (g)	5
Protein (g)	58
Calcium (mg)	855

With whole milk

Calories	1021
Fat (g)	19
Saturated Fat (g)	9
Cholesterol (mg)	137
Sodium (mg)	323
Carbohydrate (g)	161
Fiber (g)	5
Protein (g)	57
Calcium (mg)	841

