



## A Little Peach of Heaven

- 4 scoops Vanilla Blast First String
- 4 tbs non-dairy creamer
- 1 1/2 cups nonfat, 2% or whole milk
- 1 tsp vanilla extract
- 1/4 cup frozen strawberries
- 1 cup frozen peach slices
- 4 vanilla wafer cookies
- 1/4 tsp cinnamon
- 3 pkts NutraSweet or Equal

Place all ingredients in blender and blend until smooth.  
Add crushed ice as desired for a rich milkshake effect.

### With nonfat milk

<b>Calories</b>	<b>917</b>
<b>Fat (g)</b>	<b>15.5</b>
<b>Saturated Fat (g)</b>	<b>3.5</b>
<b>Cholesterol (mg)</b>	<b>107</b>
<b>Sodium (mg)</b>	<b>416</b>
<b>Carbohydrate (g)</b>	<b>142</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>56</b>
<b>Calcium (mg)</b>	<b>731</b>

### With 2% milk

<b>Calories</b>	<b>935</b>
<b>Fat (g)</b>	<b>21.5</b>
<b>Saturated Fat (g)</b>	<b>7.5</b>
<b>Cholesterol (mg)</b>	<b>129</b>
<b>Sodium (mg)</b>	<b>372</b>
<b>Carbohydrate (g)</b>	<b>141</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>55</b>
<b>Calcium (mg)</b>	<b>687</b>

### With whole milk

<b>Calories</b>	<b>1246</b>
<b>Fat (g)</b>	<b>28</b>
<b>Saturated Fat (g)</b>	<b>15</b>
<b>Cholesterol (mg)</b>	<b>137</b>
<b>Sodium (mg)</b>	<b>382</b>
<b>Carbohydrate (g)</b>	<b>190</b>
<b>Fiber (g)</b>	<b>7</b>
<b>Protein (g)</b>	<b>56</b>
<b>Calcium (mg)</b>	<b>835</b>

