



Cinnamon Swirl

2 scoops Pre & Post Workout Creamy Vanilla
1 tbsp fat-free butter replacement
1/2 tsp cinnamon
1 1/2 cups 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	414
Fat (g)	3
Saturated Fat (g)	2
Cholesterol (mg)	47
Sodium (mg)	345
Carbohydrate (g)	63
Fiber (g)	2
Protein (g)	33
Calcium (mg)	788

With 2% milk

Calories	461
Fat (g)	10
Saturated Fat (g)	6
Cholesterol (mg)	69
Sodium (mg)	300
Carbohydrate (g)	62
Fiber (g)	2
Protein (g)	32
Calcium (mg)	742

