



Berry Bliss

- 4 scoops Vanilla Blast First String
- 1/2 cup fresh blueberries
- 1/2 cup fresh strawberries
- 1/2 cup fresh raspberries
- 1 1/2 cups nonfat, 2%, or whole milk

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

With nonfat milk

Calories	802
Fat (g)	8.5
Saturated Fat (g)	2.5
Cholesterol (mg)	107
Sodium (mg)	357
Carbohydrate (g)	128
Fiber (g)	7
Protein (g)	57
Calcium (mg)	756

With 2% milk

Calories	850
Fat (g)	15.5
Saturated Fat (g)	6.5
Cholesterol (mg)	129
Sodium (mg)	313
Carbohydrate (g)	127
Fiber (g)	7
Protein (g)	56
Calcium (mg)	711

With whole milk

Calories	886
Fat (g)	20
Saturated Fat (g)	9
Cholesterol (mg)	137
Sodium (mg)	309
Carbohydrate (g)	126
Fiber (g)	8
Protein (g)	56
Calcium (mg)	845

