



Key Lime Pie

2 scoops Pre & Post Workout Creamy Vanilla
1 tbsp lime juice
4 graham crackers
1½ 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	439
Fat (g)	5
Saturated Fat (g)	2
Cholesterol (mg)	47
Sodium (mg)	422
Carbohydrate (g)	64
Fiber (g)	1
Protein (g)	34
Calcium (mg)	822

With 2% milk

Calories	486
Fat (g)	11
Saturated Fat (g)	6
Cholesterol (mg)	69
Sodium (mg)	377
Carbohydrate (g)	63
Fiber (g)	1
Protein (g)	33
Calcium (mg)	776

