



## Chocolate Malt

- 4 scoops Chocolate Blast First String
- 1 Tbsp malted milk powder
- 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

<b>Calories</b>	<b>736</b>
<b>Fat (g)</b>	<b>7.5</b>
<b>Saturated Fat (g)</b>	<b>3.5</b>
<b>Cholesterol (mg)</b>	<b>109</b>
<b>Sodium (mg)</b>	<b>388</b>
<b>Carbohydrate (g)</b>	<b>112</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>56</b>
<b>Calcium (mg)</b>	<b>787</b>

### With 2% milk

<b>Calories</b>	<b>784</b>
<b>Fat (g)</b>	<b>13.5</b>
<b>Saturated Fat (g)</b>	<b>7.5</b>
<b>Cholesterol (mg)</b>	<b>131</b>
<b>Sodium (mg)</b>	<b>344</b>
<b>Carbohydrate (g)</b>	<b>111</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>55</b>
<b>Calcium (mg)</b>	<b>743</b>

### With whole milk

<b>Calories</b>	<b>819</b>
<b>Fat (g)</b>	<b>19</b>
<b>Saturated Fat (g)</b>	<b>10</b>
<b>Cholesterol (mg)</b>	<b>138</b>
<b>Sodium (mg)</b>	<b>335</b>
<b>Carbohydrate (g)</b>	<b>111</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>54</b>
<b>Calcium (mg)</b>	<b>814</b>

