



## Tropic Breeze

- 4 scoops Vanilla Blast First String
- 1/2 cups fresh pineapple chunks
- 1 cup orange juice
- 2 Tbsp shredded coconut
- 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>938</b>
<b>Fat (g)</b>	<b>10.5</b>
<b>Saturated Fat (g)</b>	<b>4.5</b>
<b>Cholesterol (mg)</b>	<b>107</b>
<b>Sodium (mg)</b>	<b>374</b>
<b>Carbohydrate (g)</b>	<b>156</b>
<b>Fiber (g)</b>	<b>2</b>
<b>Protein (g)</b>	<b>58</b>
<b>Calcium (mg)</b>	<b>774</b>

### With 2% milk

<b>Calories</b>	<b>985</b>
<b>Fat (g)</b>	<b>17.5</b>
<b>Saturated Fat (g)</b>	<b>8.5</b>
<b>Cholesterol (mg)</b>	<b>129</b>
<b>Sodium (mg)</b>	<b>330</b>
<b>Carbohydrate (g)</b>	<b>155</b>
<b>Fiber (g)</b>	<b>2</b>
<b>Protein (g)</b>	<b>57</b>
<b>Calcium (mg)</b>	<b>730</b>

### With whole milk

<b>Calories</b>	<b>995</b>
<b>Fat (g)</b>	<b>23</b>
<b>Saturated Fat (g)</b>	<b>13</b>
<b>Cholesterol (mg)</b>	<b>137</b>
<b>Sodium (mg)</b>	<b>353</b>
<b>Carbohydrate (g)</b>	<b>145</b>
<b>Fiber (g)</b>	<b>3</b>
<b>Protein (g)</b>	<b>57</b>
<b>Calcium (mg)</b>	<b>846</b>

