



Cinnamon Swirl

2 scoops WheySmooth Vanilla Crème
1 tbsp fat-free butter replacement
1/2 tsp cinnamon
1 1/2 cup 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)	5
Saturated Fat (g)	2
Cholesterol (mg)	92
Sodium (mg)	280
Carbohydrate (g)	39
Fiber (g)	2
Protein (g)	53
Calcium (mg)	738

With 2% milk

Calories	461
Fat (g)	12
Saturated Fat (g)	6
Cholesterol (mg)	114
Sodium (mg)	235
Carbohydrate (g)	38
Fiber (g)	2
Protein (g)	52
Calcium (mg)	692

