



## Bermuda Triangle

4 scoops First String Vanilla Blast  
3 frozen peach slices  
1/4 cup fresh pineapple chunks  
1 cup nonfat milk, 2% or whole milk

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

### With nonfat milk

<b>Calories</b>	<b>727</b>
<b>Fat (g)</b>	<b>8</b>
<b>Saturated Fat (g)</b>	<b>2</b>
<b>Cholesterol (mg)</b>	<b>105</b>
<b>Sodium (mg)</b>	<b>293</b>
<b>Carbohydrate (g)</b>	<b>115</b>
<b>Fiber (g)</b>	<b>2</b>
<b>Protein (g)</b>	<b>51</b>
<b>Calcium (mg)</b>	<b>723</b>

### With 2% milk

<b>Calories</b>	<b>759</b>
<b>Fat (g)</b>	<b>12</b>
<b>Saturated Fat (g)</b>	<b>5</b>
<b>Cholesterol (mg)</b>	<b>120</b>
<b>Sodium (mg)</b>	<b>263</b>
<b>Carbohydrate (g)</b>	<b>115</b>
<b>Fiber (g)</b>	<b>2</b>
<b>Protein (g)</b>	<b>51</b>
<b>Calcium (mg)</b>	<b>692</b>

### With whole milk

<b>Calories</b>	<b>784</b>
<b>Fat (g)</b>	<b>15</b>
<b>Saturated Fat (g)</b>	<b>7</b>
<b>Cholesterol (mg)</b>	<b>124</b>
<b>Sodium (mg)</b>	<b>261</b>
<b>Carbohydrate (g)</b>	<b>114</b>
<b>Fiber (g)</b>	<b>2</b>
<b>Protein (g)</b>	<b>50</b>
<b>Calcium (mg)</b>	<b>683</b>

