



Key Lime Pie

2 scoops WheySmooth Vanilla Crème
1 tbsp lime juice
4 graham crackers
1½ 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	439
Fat (g)	7
Saturated Fat (g)	3
Cholesterol (mg)	92
Sodium (mg)	357
Carbohydrate (g)	40
Fiber (g)	1
Protein (g)	54
Calcium (mg)	772

With 2% milk

Calories	486
Fat (g)	13
Saturated Fat (g)	7
Cholesterol (mg)	114
Sodium (mg)	312
Carbohydrate (g)	39
Fiber (g)	1
Protein (g)	53
Calcium (mg)	726

