



Cinnamon Swirl

- 4 scoops First String Vanilla Blast
- 1 tbsp fat-free butter replacement
- 1/2 tsp cinnamon
- 1 1/2 cups 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

Calories	744
Fat (g)	8
Saturated Fat (g)	3
Cholesterol (mg)	107
Sodium (mg)	355
Carbohydrate (g)	114
Fiber (g)	2
Protein (g)	55
Calcium (mg)	888

With 2% milk

Calories	791
Fat (g)	14
Saturated Fat (g)	7
Cholesterol (mg)	129
Sodium (mg)	310
Carbohydrate (g)	113
Fiber (g)	2
Protein (g)	54
Calcium (mg)	842

With whole milk

Calories	828
Fat (g)	19
Saturated Fat (g)	9
Cholesterol (mg)	137
Sodium (mg)	307
Carbohydrate (g)	112
Fiber (g)	2
Protein (g)	54
Calcium (mg)	828

