



Key Lime Pie

4 scoops First String Vanilla Blast
1 tbsp lime juice
4 graham crackers
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 | 769 |
| Fat (g) | 10 |
| Saturated Fat (g) | 3 |
| Cholesterol (mg) | 107 |
| Sodium (mg) | 432 |
| Carbohydrate (g) | 115 |
| Fiber (g) | 1 |
| Protein (g) | 56 |
| Calcium (mg) | 922 |

With 2% milk

| | |
|--------------------------|------------|
| Calories | 816 |
| Fat (g) | 16 |
| Saturated Fat (g) | 7 |
| Cholesterol (mg) | 129 |
| Sodium (mg) | 387 |
| Carbohydrate (g) | 114 |
| Fiber (g) | 1 |
| Protein (g) | 55 |
| Calcium (mg) | 876 |

With whole milk

| | |
|--------------------------|------------|
| Calories | 853 |
| Fat (g) | 21 |
| Saturated Fat (g) | 9 |
| Cholesterol (mg) | 137 |
| Sodium (mg) | 384 |
| Carbohydrate (g) | 113 |
| Fiber (g) | 1 |
| Protein (g) | 55 |
| Calcium (mg) | 862 |

