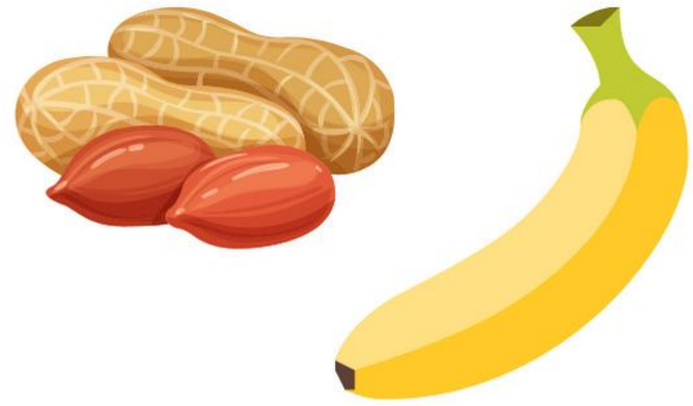
Fortified Banutty Smoothie - makes 1 serving

Offer 2 x 250ml Smoothies each day

Ingredients



- 150ml full fat milk
- 1 scoop ice cream
- 15g dried milk powder
- 1/2 a small sized banana
- 1 heaped tablespoon smooth peanut butter
- 1 heaped teaspoon of sugar or honey

Directions

Put banana, dried milk powder, peanut butter and honey or sugar in a blender and add 1/2 the milk, blend until smooth gradually adding the remainder of the milk and the ice cream.

Per serving (250-300ml)
470 Calories 21g Protein