

Banana Shake

by Waldemar Tomme

Ingredients

Ingredient	Amount
Banana	2
Milk	300ml

Instructions

1. Break bananas into chunks
2. Put everything into a mixer
3. Mix

Nutrients

Nutrient	per 100g	Total
Energy	63kCal	337kCal
Carbohydrates	14g	70g
Dietary Fiber	2g	7g
Sugar	9g	44g
Fat	1g	4g
Saturated Fat	1g	3g
Trans Fat		
Cholesterol	3mg	15mg
Sodium	26mg	135mg
Protein	3g	13g
Vitamin A	1%	3%
Vitamin C	7%	34%
Calcium	7%	36%
Iron	1%	3%

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