

Choco Banana Shake

by Waldemar Tomme

Ingredients

| Ingredient | Amount |
|-------------|--------|
| Banana | 2 |
| Milk | 300ml |
| Choco Drink | 3tsp |

Instructions

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

Nutrients

| Nutrient | per 100g | Total |
|----------------------|----------|---------|
| Energy | 72kCal | 393kCal |
| Carbohydrates | 15g | 82g |
| Dietary Fiber | 2g | 8g |
| Sugar | 11g | 56g |
| Fat | 1g | 5g |
| Saturated Fat | 1g | 3g |
| Trans Fat | | |
| Cholesterol | 3mg | 15mg |
| Sodium | 25mg | 135mg |
| Protein | 3g | 14g |
| Vitamin A | 1% | 3% |
| Vitamin C | 7% | 34% |
| Calcium | 7% | 36% |
| Iron | 1% | 3% |

From:
<https://wiki.web.home.dark-link.info/> - Patchouli's Library

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