

# 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
<b>Energy</b>	72kCal	393kCal
<b>Carbohydrates</b>	15g	82g
Dietary Fiber	2g	8g
Sugar	11g	56g
<b>Fat</b>	1g	5g
Saturated Fat	1g	3g
Trans Fat		
<b>Cholesterol</b>	3mg	15mg
<b>Sodium</b>	25mg	135mg
<b>Protein</b>	3g	14g
<b>Vitamin A</b>	1%	3%
<b>Vitamin C</b>	7%	34%
<b>Calcium</b>	7%	36%
<b>Iron</b>	1%	3%

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