

Chocolate, Peanut Butter, Banana Smoothie

Yield: 2 Servings



Ingredients:

- Vanilla nutrition supplement drink* 1 cup (237 mL) (1 bottle)
- Bananas, frozen 2 medium
- Quick oats 1/3 cup (80 mL)
- Peanut butter 2 Tbsp. (30 mL)
- Cocoa powder (optional) 1 Tbsp. (15 mL)

* Substitute another flavor of nutrition supplement drink or with 1 cup whole milk.

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a two glasses and serve cold.

Recipe Source: Making Smoothies with More Calories and Protein, accessed at ahs.ca/NutritionHandouts

Equipment List:

- Blender
- Spatula
- Set of measuring cups
- Set of measuring spoons
- Liquid measuring cup
- Drinking glass for serving



Nutrition Facts

Per 1 cup

Calories 390	% Daily Value*
Fat 13 g	17 %
Saturated 2.5 g	13 %
+Trans 0 g	
Carbohydrate 61 g	
Fibre 7 g	25 %
Sugars 16 g	32 %
Protein 12 g	
Cholesterol 5 mg	
Sodium 190 mg	8%
Potassium 740 mg	15 %
Calcium 174 mg	15 %
Iron 3 mg	15 %

*5% or less is **a little**, 15% or more is **a lot**