

Banana Berry Smoothie (Nutrition Supplement)

Are you having a hard time eating enough food? Using a nutrition supplement drink may help provide you with extra calories and protein to help you meet your nutrient needs.



Ingredients:

½ cup	Berries, frozen	125 mL
½	Banana, medium, peeled	½
1 bottle (1 cup)	Vanilla nutrition supplement drink	235–250 mL

Directions:

1. Put berries, banana and nutrition supplement drink in a blender.
2. Cover with lid and blend for about 30 seconds or until smooth.
3. Pour into a tall glass and serve.

Makes 1 serving (375 mL/ 1 ½ cups/ 220 g)

Nutrition Facts	
Amount per serving, (1 ½ cup/ 375 mL/ 220 g)	
Amount	% Daily Value
Calories 320	
Fat 13 g	20 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 5 mg	
Sodium 220 mg	9 %
Carbohydrate 45 g	15 %
Fibre 9 g	36 %
Sugars 13 g	
Protein 13 g	
Vitamin A	30 %
Vitamin C	110 %
Calcium	20 %
Iron	20 %

Nutrition information may vary depending on the type of nutrition supplement drink used.