

# Peanut Butter Banana Shake



This simple and tasty shake only has 4 ingredients. The skim milk powder and peanut butter add extra calories and protein.

## Ingredients:

½ cup	3.25% homogenized milk	125 mL
2 Tbsp	Skim milk powder	30 mL
1 Tbsp	Peanut butter	15 mL
1 medium	Banana	1 medium

## Directions:

1. Add all ingredients to a blender. Blend until smooth.

**Makes 1 serving (250 mL/ 1 cup/ 271 g)**

<b>Nutrition Facts</b>	
Per 1 recipe (250 mL/ 1 cup/ 271 g)	
Amount	% Daily Value
<b>Calories</b> 310	
<b>Fat</b> 12 g	<b>18 %</b>
Saturated 4 g + Trans 0 g	<b>20 %</b>
<b>Cholesterol</b> 15 mg	
<b>Sodium</b> 105 mg	<b>4 %</b>
<b>Carbohydrate</b> 41 g	<b>14 %</b>
Fibre 3 g	<b>12 %</b>
Sugars 26 g	
<b>Protein</b> 12 g	
Vitamin A	15 %
Vitamin C	25 %
Calcium	40 %
Iron	6 %