

# Banana Smoothie

Serves 2 x 200ml portions



## Typical values per portion

Energy	964kJ /230kcal
Fat	10.6g
Of which saturates	7.1g
Carbohydrate	24.2g
Of which sugars	23.5g
Protein	9.8g
Fibre	0.2g
Salt	1.0g
Vitamin D	6.2µg
Calcium	723mg

## Handy Tip:

Omit the sugar for people with diabetes or on a low calorie diet and also use skimmed milk if a lower calorie smoothie is required

## Ingredients:

Large banana approx 60g after peeling

100g The Laughing Cow® Nutrient Fortified

200ml Full cream milk

25g Caster sugar

### ALLERGENS: Milk

For Allergens, always check labelling of specific ingredients used

## Method:

1. Put the banana into a liquidiser and blend until smooth
2. Add in The Laughing Cow® Nutrient Fortified, and blend again
3. Add the milk and sugar and blend
4. Taste and adjust sweetness by adding more sugar if required
5. Sieve
6. Serve



- ✓ Versatile cheese ingredient
- ✓ Rich in Protein
- ✓ Rich in Calcium
- ✓ Rich in Vitamin D

