

Banana Smoothie

Serves 2 x 200ml portions



Typical values per portion

| | |
|--------------------|----------------|
| Energy | 947kJ /225kcal |
| Fat | 10.1g |
| Of which saturates | 6.6g |
| Carbohydrate | 24.2g |
| Of which sugars | 23.6g |
| Protein | 9.8g |
| Fibre | 0.2g |
| Salt | 1g |
| Vitamin D | 6.2µg |
| Calcium | 743mg |

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

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

ALLERGENS: Milk

For Allergens, always check labelling of specific ingredients used

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

