# 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		<b>1</b> g
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:

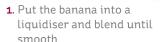
Large banana approx 60g after peeling

100g The Laughing Cow® Nutrient Fortified

200ml Full cream milk

25g Caster sugar

### : Method:



- 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





