

# Banana & Peanut Butter Smoothie

RECIPE

PREP: 5 MINS

COOKING: 10 MINS

PORTION(S): 2

## Ingredients

- 450ml Water
- 6 Scoops ENERCAL PLUS Milk Powder
- 1 Large Banana
- 20g Peanut Butter
- 1 Pinch of Sea Salt
- 300g Ice Cubes

## Nutrition count

- Protein : 7.8g
- Carbohydrates : 34.7g
- Fats : 8.7g
- Energy : 250kcal

## Step by step

Add milk powder into water to make the milk based of ENERCAL PLUS

In a blender, add ready-made milk, sliced banana, peanut butter and sea salt.

Blend for 30 seconds and add in ice cubes.

Blend it for another 10 seconds or until the mixture is smooth.