

# Banana & Peanut Butter Smoothie

Prep time



5 mins

Cooking time



10 mins

Serves



2

## Nutrition Information per serving

Protein 7.8g

Carbohydrates 34.7g

Fats 8.7g

Energy 250kcal

## We need

450ml Water

6 Scoops [ENERCAL PLUS®](#) Milk Powder

1 Large Banana

20g Peanut Butter

1 Pinch of Sea Salt

300g Ice Cubes

## Step by step

1. Add milk powder into water to make the milk based of [ENERCAL PLUS®](#)
2. In a blender, add ready-made milk, sliced banana, peanut butter and sea salt.
3. Blend for 30 seconds and add in ice cubes.
4. Blend it for another 10 seconds or until the mixture is smooth.