

## 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.