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Banana Milkshake

Ingredients:

- 1 cup 1% milk
- 1 medium banana
- ½ teaspoon vanilla (optional)

Makes 1 serving – 13% calories from fat

Instructions:

1. Place banana in a small bowl, use a fork to mash banana.
2. Add milk and mashed banana to blender. Blend on high until smooth.
3. Serve immediately or refrigerate and serve later.

Notes:

- May use a jar with a tight fitting lid in place of blender.
- If using a blender to make milkshake add an ice cube or two to make milkshake frothy.

Nutrition Facts	
Serving Size 1 1/2 cup	
Servings Per Container 1	
Amount Per Serving	
Calories 210	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 110mg	5%
Total Carbohydrate 39g	13%
Dietary Fiber 3g	12%
Sugars 27g	
Protein 10g	
Vitamin A 10%	Vitamin C 15%
Calcium 30%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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