



BANANA BREAKFAST SMOOTHIE, LOW FAT WITH PROTEIN POWDER

 1 portion

INGREDIENTS

- 1/2 cup of skim milk, (123 g)
- 1/2 tbsp of honey (11 g)
- 1/4 cup of rolled Oats
- 1/2 tsp cinnamon, ground (1 g)
- 1 Small Banana (40 g)
- 1 scoop of Protein Powder

COOKING METHOD

- 1° Add all ingredients to a blender and mix. Add Extra milk if prefer lighter consistency.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (226 g)	% DRI
ENERGY	149 kcal	337 kcal	17 %
PROTEIN	12 g	26 g	53 %
CARBOHYDRATE	19 g	44 g	17 %
SUGARS	5 g	10 g	12 %
FAT	3 g	6 g	8 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	13 %
FIBER	0 g	1 g	3 %
SODIUM	80 mg	181 mg	8 %