

Breakfast Banana Drink

Recipe Type: Breakfast

Serves: 1

Prep Time: 5 minutes

Cooking Time: None

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 banana peeled and sliced
- 1 C puffed rice cereal
- $\frac{3}{4}$ C fat-free milk
- $\frac{1}{2}$ C plain low-fat yogurt
- 1 $\frac{1}{2}$ t honey
- 1 t vanilla extract
- 4 ice cubes



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Place all into a blender.
3. Cover the blender and blend the mixture until it is smooth.
4. Pour the mixture into a big glass.
5. Enjoy!

Contains: Milk

Nutrition Facts

1 servings per container
Serving size 16 oz (542g)

Amount per serving

Calories 360

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 170mg 7%

Total Carbohydrate 70g 25%

Dietary Fiber 3g 11%

Total Sugars 41g

Includes 9g Added Sugars 18%

Protein 15g

Vitamin D 3mcg 15%

Calcium 477mg 35%

Iron 1mg 6%

Potassium 1049mg 20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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