



Peanut Butter and Banana Breakfast Shake

3-A-Day™ of Dairy

Servings: 1

Prep Time: 5 minutes

Ingredients:

- 1 cup of fat-free or 1% low-fat chocolate milk
- 1/2 cup frozen banana slices
- 1 tablespoon peanut butter
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon

Preparation:

Combine all ingredients in a blender; blend until smooth and creamy. Serve in tall glass or on-the-go drink container.

Nutritional Facts:

Nutritional Facts Per Serving:

Calories:	270
Total Fat:	9g
Saturated Fat:	2g
Cholesterol:	5mg
Sodium:	220mg
Carbohydrates:	35g
Dietary Fiber:	3g
Protein:	15g
Calcium	35% Daily Value

Cost/recipe:

\$.68

Cost/serving:

\$.68

**BANK
ON THE
BASICS**

www.dairymakesense.com

