



Banana Smoothie

Prep Time: 10 minutes

Cost per serving: \$0.45

What you need:

Utensils:

- Measuring cups & spoons
- Stirring spoon

Ingredients:

- 4 very ripe, medium bananas, sliced
- 1 tablespoon sugar
- 1 teaspoon vanilla extract
- 1½ cups instant non-fat dry milk
- 1 cup crushed ice

What to do:

1. Wash your hands and clean your cooking area.
2. Wash, peel, and slice bananas.
3. Put all ingredients into a blender and blend until smooth.
4. Serve immediately or store in the refrigerator. If stored in the refrigerator use within 24 hours. Stir before serving.



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Nutrition Facts

Serving Size 3/4 cup
Servings Per Container 4

Amount Per Serving

Calories 260 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 210mg 9%

Total Carbohydrate 51g 17%

Dietary Fiber 3g 12%

Sugars 38g

Protein 16g

Vitamin A 20% • Vitamin C 20%

Calcium 50% • Iron 2%