



Peanut Butter Banana Breakfast Shake

Serves 1

Ingredients:

1 cup fat free or low fat milk
1/2 cup frozen banana slices
1 tablespoon peanut butter
1/4 teaspoon ground cinnamon
1/2 teaspoon vanilla extract
Sweet cocoa powder (optional)



Directions:

Combine all ingredients in a blender and blend until smooth and creamy. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.

Notes:

-Freeze banana slices by slicing banana(s) and placing in a freezer bag. Spread slices so bananas freeze in a thin layer; freeze bag on its side so slices will break apart easily when placed in a blender.

-One large banana yields about 1 cup of banana slices and a smaller banana about 1/2 cup of slices. Don't worry about being exact — a little extra banana simply makes a thicker smoothie; add more milk, if desired, to thin the smoothie.

Nutritional Facts per Serving for individual food recipe: Calories: 270; Total Fat: 9 g; Saturated Fat: 2 g; Cholesterol: 5 mg; Sodium: 220 mg; Calcium: 35% Daily Value; Protein: 15 g; Carbohydrates: 35 g; Dietary Fiber: 3 g

Source: *Healthy Eating* By Alice Henneman, MS, RD, Extension Educator, University of Nebraska-Lincoln Extension



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