



## June 16- Peanut Butter Banana Breakfast Shake

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/peanut-butter-banana-breakfast-shake>

### Recipe

*Ingredients:*

- 1 cup low-fat milk (1%)
- ½ cup banana
- 1 Tablespoon reduced-fat peanut butter
- ¼ teaspoon cinnamon
- ½ teaspoon vanilla extract

*Directions:*

1. Combine all ingredients in blender and blend until smooth and creamy.

Yield 1 serving

<b>Nutrition Facts</b>	
Serving Size 1 shake (339.25g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 270	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>13%</b>
Saturated Fat 3g	<b>14%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>15%</b>
Sugars 24g	
<b>Protein</b> 13g	<b>25%</b>
Vitamin A 10%	• Vitamin C 10%
Calcium 35%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	