



RECIPE

## BANANA SMOOTHIE

# Ingredients

- 3 scoops Nestlé® NANGROW™
- 75 ml (½ cup) a+ Milk
- ½, chopped (40g) Banana
- 1 tsp Dry Fruit powder

# Step by step

## Cooking Instructions

Add all the ingredients in a blender and blend it till smooth consistency.

Take out the Banana Smoothie in a glass and serve chilled.

# Nutritional values

## Per serve

<b>Energy (kcal)</b>	<b>186.34</b>
<b>Protein (g)</b>	<b>5.93</b>
<b>Calcium (mg)</b>	<b>156.54</b>
<b>Iron (mg)</b>	<b>1.41</b>