



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

Energy (kcal)	186.34
Protein (g)	5.93
Calcium (mg)	156.54
Iron (mg)	1.41