

# Peanut Butter Banana Breakfast Shake

**Makes:** 1 serving

## Ingredients

**1 cup** milk (fat free or 1%)

**1/2 cup** banana (frozen, slices)

**1 tablespoon** peanut butter

**1/4 teaspoon** cinnamon (ground)

**1/2 teaspoon** vanilla extract

cocoa powder (as needed, sweet, optional)

## Directions

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

**Source:** University of Nebraska, Cooperative Extension, Healthy Eating Recipes

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>260</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	2 g
Cholesterol	5 mg
<b>Sodium</b>	<b>200 mg</b>
<b>Total Carbohydrate</b>	<b>34 g</b>
Dietary Fiber	3 g
Total Sugars	23 g
Added Sugars included	N/A
<b>Protein</b>	<b>14 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available