

# Banana flip

Drink

level 

 1

 3 min



## Ingredients

1 sachet Calshake Banana  
240 ml full-fat milk 3.5 %  
50 g Nutella

## Nutritional information per serving:

Energy .....862 kcal  
Protein.....15.0 g  
Fat .....46.0 g  
Carbohydrate ....97.0 g  
Fibre.....0.0 g



## Preparation

Put the milk, Calshake Banana powder and the chocolate spread in a shaker and shake well.

If necessary, use a mixer to dissolve the chocolate spread.

### TIP:

Substitute 200 ml milk with 1 EasyBottle Fresubin Energy Fibre DRINK Banana or Fresubin Energy DRINK Banana.