

# Banana delight

Sweet

level 

 4

 30 min



## Ingredients

### Chocolate Banana

100 ml	Fresubin Protein Energy DRINK Chocolate
1	ripe banana (100 g) juice of 1/2 lemon
50 g	sugar
200 g	low fat quark (0.2 % fat)
1 table-spoon	chocolate powder (heaped - 15 g)
3 g	gelatine (1.5 sheets)

### Vanilla Quark

100 ml	Fresubin Protein Energy DRINK Vanilla
200 g	low-fat quark (0.2 % fat)
25 g	sugar
2 g	gelatine (1 sheet)

## Nutritional information per serving:

Energy .....	265 kcal
Protein .....	20.2 g
Fat .....	4.0 g
Carbohydrate .....	36.0 g
Fibre.....	0.6 g

## Alternative products:

Fresubin® Original DRINK  
Fresubin® Energy/Fibre DRINK  
Fresubin® 2 kcal/Fibre DRINK  
Fresubin® Energy Fibre DRINK



## Preparation Chocolate Banana

Put the banana, the lemon juice and the sugar in a bowl and purée. Mix in the quark, the Fresubin Protein Energy DRINK Chocolate and the chocolate powder. Soften and melt gelatine and remove any excess water. Stir the gelatine into the mixture and half-fill dessert bowls with the mixture.

## Preparation Vanilla Quark

Mix the quark with Fresubin Protein Energy DRINK Vanilla and the sugar. Soften and melt gelatine and remove any excess water. Stir the gelatine into the mixture. Pour this mixture over the chocolate banana.

### TIP:

Garnish with grated chocolate, orange zest or cream.