

Banana yoghurt

Sweet

level 

 1

 5 min



Ingredients

200 ml	Fresubin Energy DRINK Vanilla
1/2	banana
100 g	yoghurt (3.5% fat)
10 g	sugar (50 g)
20 ml	cream (30% fat)
2 tea- spoons	lemon juice

Nutritional information per serving:

Energy	526 kcal
Protein	16.3 g
Fat	22.0 g
Carbohydrate	64.0 g
Fibre	1.0 g



Alternative products:

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

Preparation

Chop banana into small pieces, sprinkle with lemon juice, purée half of the bananas.

Mix the banana purée with the Fresubin Energy DRINK Vanilla, the yoghurt, the cream and the sugar. Fold in the remaining pieces of banana.

TIP:

Add other fruits or berries to the yoghurt (e.g. apples, strawberries).