

Chocolate & banana milk shake

Drink

level 

 1

 3 min



Ingredients

- 200 ml Fresubin Energy DRINK Chocolate, chilled
- 1 chopped banana (100 g)
- 2 scoops chocolate ice cream (120 g)

Nutritional information per serving:

Energy 649 kcal
Protein 17.9 g
Fat 30.0 g
Carbohydrate 75.0 g
Fibre 3.2 g



Alternative products:

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

Preparation

Place Fresubin Energy DRINK Chocolate, banana and ice cream in a blender, whisk for 30 seconds or until smooth.

Pour into serving glass.

TIP:

Use vanilla ice cream instead of chocolate.