

Banana & honey smoothie

Drink

level 

 1

 3 min



Ingredients

200 ml Fresubin Energy DRINK
Vanilla
1 table-
spoon honey
1 banana (100 g)

Nutritional information per serving:

Energy 438 kcal
Protein 12.4 g
Fat 12.0g
Carbohydrate 69.0 g
Fibre 2.0 g



Alternative products:

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

Preparation

Put all ingredients into a blender and mix until smooth.

Pour into a long glass and serve.

TIP:

Add some strawberries before blending.