

Peanut Butter Banana Breakfast Shake

Yield 1 servings

Ingredients

1 cup	milk (fat free or 1%)
1/2 cup	banana (frozen, slices)
1 tablespoon	peanut butter
1/4 teaspoon	cinnamon (ground)
1/2 teaspoon	vanilla extract
1	cocoa powder (as needed, sweet, optional)

Instructions

1. Combine all ingredients in a blender and blend until smooth and creamy.
2. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.

Cost

Per recipe: \$0.46

Per serving: \$0.46

Source

University of Nebraska, Cooperative Extension, [Healthy Eating Recipes](#)

Nutrition Facts

Serving Size 1 shake (342g)
Servings Per Container 1

Amount Per Serving

Calories 260 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 200mg **8%**

Total Carbohydrate 34g **11%**

Dietary Fiber 3g **12%**

Sugars 23g

Protein 14g

Vitamin A 10% • Vitamin C 15%

Calcium 25% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4