

Banana nut shake

Drink

level 

 1

 3 min



Ingredients

200 ml Fresubin Protein Energy
DRINK Nut
1 ripe banana (100 g)
juice of 1/2 lemon

Nutritional information per serving:

Energy 393 kcal
Protein 21.1 g
Fat 14.0 g
Carbohydrate 45.0 g
Fibre 2.0 g



Alternative products:

Fresubin® Original DRINK

Preparation

Purée the banana with the lemon juice, add Fresubin Protein Energy DRINK Nut and mix together.

TIP:

Chill the
Fresubin Protein
Energy DRINK
before use.