

MILO® & BANANA SHAKE



The MILO® banana shake is a great recipe for active individuals looking for a nutritious pre-workout snack or as part of their post-workout recovery nutrition. The ingredients provide low GI carbs for sustained energy[^], a good source of protein to support building muscles[^] and provides half an adults daily calcium needs.

Serves 2

Preparation time: 5 minutes

- 1 cup reduced fat milk
- ½ cup natural yoghurt
- ⅓ cup (40g) Nestlé MILO®
- 1 medium banana, chopped

1. Combine all ingredients in a blender; blend until smooth, thick and creamy.
2. Pour into tall glasses and serve immediately.

	Per Serve - one glass
Energy (kJ)	964
Protein (g)	13.3
Total fat (g)	4.1
Saturated fat (g)	2.6
Carbohydrate (g)	33.1
Total Sugars (g)	26.6
Fibre (g)	1.9
Sodium (mg)	142
Calcium (mg)	473 (59% RDI*)
Iron (mg)	3.8 (32% RDI*)
Vitamin B12 (µg)	1.0 (50% RDI*)
Vitamin D (µg)	2.9 (29% RDI*)



CHEF'S TIP:

To make this recipe suitable for vegans, try MILO® Plant-Based Energy with soy milk and plant-based yoghurt.



[^] When MILO® and milk is consumed as part of a healthy diet containing a variety of foods, MILO® and milk is a nutritious formulated supplementary food that provides essential nutrients.
*Recommended Dietary Intake (RDI), Schedule 1, Food Standards Australia and New Zealand