

High Calorie Milkshake (Makes one serving)

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1/2 cup whole milk
2 tablespoons powdered milk
1/2 ripe banana, about 3 1/2 inches
1/3 cup vanilla ice cream
2 tablespoons chocolate syrup

1. Add all ingredients to a blender.
2. Blend at low speed about 15 seconds.
3. Enjoy cold.
4. Cover and refrigerate leftovers within two hours.

This recipe is very flexible!

- If desired, substitute whole milk with a fortified beverage supplement.
- If desired, substitute powdered milk with a commercial instant breakfast mix.
- If desired, substitute banana with other ripe fruit, such as peaches or strawberries.
- If desired, substitute vanilla ice cream with another flavor.
- If desired, substitute chocolate syrup with other flavors, such as strawberry or butterscotch, or use vanilla flavoring.

Nutrition Facts

Serving Size 1 generous cup (273g)
Servings Per Container 1

Amount Per Serving

Calories 350 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **16%**

Saturated Fat 7g **34%**

Cholesterol 35mg **12%**

Sodium 150mg **6%**

Total Carbohydrate 55g **18%**

Dietary Fiber 5g **18%**

Sugars 39g

Protein 10g

Vitamin A 10% • Vitamin C 10%

Calcium 30% • Iron 6%

*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

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