

# Easy Banana Milkshake

Yield: 2 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/banana-milkshake-recipe-indian-style>

## Ingredients:

- 1 bananas frozen ripe, cut into chunks
- 1 cup whole milk
- 2 tablespoons sugar
- 1/8 teaspoon vanilla extract

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 10 milligrams
4. Fat: 3.5 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 55 milligrams
9. Sugar: 26 grams

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