

Breakfast Smoothies for Weight Loss

Yield: 1 min
Total Time: 3 min

Recipe from: <https://www.recipeschoose.com/recipes/skimmed-milk-recipe-india>

Ingredients:

- 1 cup banana slices, frozen
- 1/2 cup vanilla yogurt
- 1/2 teaspoon vanilla
- 3/4 cup skim milk
- 1 1/2 tablespoons cocoa powder optional

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 20 milligrams
4. Fat: 5 grams
5. Fiber: 7 grams
6. Protein: 12 grams
7. SaturatedFat: 3 grams
8. Sodium: 160 milligrams
9. Sugar: 34 grams

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