

Banana Milk Shake

Yield: 2 min
Total Time: 15 min

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

Ingredients:

- 1 banana
- 2 cups milk
- sugar to taste
- 2 tablespoons ice cream
- 2 drops vanilla extract
- 2 tablespoons chocolate syrup optional

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 25 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 13 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 200 milligrams
9. Sugar: 43 grams

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