

Bananas Foster Milkshake

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-dirty-banana-cocktail-recipe>

Ingredients:

- 1 1/2 tablespoons unsalted butter
- 1 banana large, sliced
- 3 tablespoons light brown sugar
- 1/4 cup dark rum
- 1 pinch ground cinnamon
- 1/2 cup lowfat milk or cold whole
- 8 scoops French vanilla ice cream softened until just melty at the edges

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 50 grams
3. Cholesterol: 70 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 7 grams
7. SaturatedFat: 12 grams
8. Sodium: 125 milligrams
9. Sugar: 43 grams

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