

Korean Banana Milk

Yield: 1 min
Total Time: 1 min

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

Ingredients:

- 1 ripe banana medium-sized, broken into large pieces
- 1/2 cup milk whole, 2%, or skim, see note for dairy-free option*
- 1/2 cup ice cold water
- 2 teaspoons maple syrup
- 1/8 teaspoon pure vanilla extract

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 4 grams
6. Protein: 7 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 90 milligrams
9. Sugar: 30 grams

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