



Nutella Banana Espresso Smoothie

10 minutes

Hands on

2

Portion(s)

1

Difficulty



Method

- Combine the milk, espresso, nutella, banana and ice in a food processor.
- Beat until all of the ingredients are completely combined and a smooth mixture is created.
- Pour into 2 glasses.

Ingredients

- ½ cup milk, 3.5% fat
- 1 teaspoon instant espresso powder
- 2 tablespoons nutella
- ½ banana
- ½ cup ice

Διατροφικός πίνακας

Nutrition information per portion

220 Calories (kcal)	9.8 Total Fat (g)	2.8 Saturated Fat (g)	25.0 Total Carbs (g)
11%	14%	14%	10%
24.0 Sugars (g)	6.8 Protein (g)	1.8 Fibre (g)	0.15 Sodium (g)
27%	14%	7%	3%