Chocolate Banana and Peanut Butter Milk

Vegetarian Vegan Gluten Free Dairy Free Popular Low Fod Map

READY IN	SERVINGS	CALORIES
45 min.	12	108 kcal

BEVERAGE DRINK

Ingredients

- [ ] 1 cup chocolate almond milk dark
- [ ] 1 banana ripe
- [ ] 1 tablespoons creamy peanut butter
- [ ] 2 tablespoons oats quick

Equipment

- [ ] blender

Directions

- [ ] Place all ingredients into a high powered blender such as the Blendtec or Vitamix and blend until creamy and smooth, between 30-45 seconds.
- [ ] Pour into a tall glass and enjoy! I also enjoy pouring this blend over ice.

Nutrition Facts

PROTEIN **6.14%** FAT **57.59%** CARBS **36.27%**

Properties

Glycemic Index:13.06, Glycemic Load:2.68, Inflammation Score:-2, Nutrition Score:3.9630434636189%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 107.63kcal (5.38%), Fat: 7g (10.77%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 7.91g (2.88%), Sugar: 4.85g (5.39%), Cholesterol: 0.44mg (0.15%), Sodium: 8.77mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.67mg (3.89%), Protein: 1.68g (3.36%), Manganese: 0.37mg (18.66%), Copper: 0.27mg (13.73%), Magnesium: 40.86mg (10.21%), Iron: 1.83mg (10.17%), Fiber: 2g (8.01%), Phosphorus: 56.18mg (5.62%), Potassium: 150.57mg (4.3%), Zinc: 0.56mg (3.76%), Vitamin B6: 0.05mg (2.43%), Selenium: 1.48µg (2.12%), Vitamin B3: 0.4mg (2.02%), Vitamin E: 0.22mg (1.5%), Vitamin B2: 0.02mg (1.31%), Calcium: 12.26mg (1.23%), Vitamin B5: 0.12mg (1.15%), Vitamin K: 1.15µg (1.09%), Vitamin C: 0.86mg (1.04%), Vitamin B1: 0.02mg (1.02%)