



Hot Banana Milkshake

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



234 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- 2 small bananas ripe chopped
- 0.3 teaspoon brown sugar
- 0.1 teaspoon ground cinnamon
- 1 tablespoon honey
- 1.5 cups milk divided

Equipment

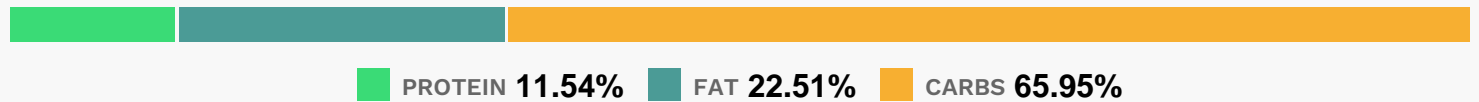
- bowl
- sauce pan

blender

Directions

- Mash bananas and brown sugar together in a bowl.
- Transfer to a small saucepan, place over medium heat, and cook until bananas begin to brown, about 5 minutes, stirring constantly. Gradually mix 1 cup milk into bananas and heat until mixture begins to steam. Stir honey and cinnamon into mixture until honey has dissolved.
- Pour banana mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree until smooth. Blend remaining 1/2 cup milk into mixture until creamy.

Nutrition Facts



Properties

Glycemic Index:75.03, Glycemic Load:18.94, Inflammation Score:-5, Nutrition Score:10.541304380997%

Flavonoids

Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 233.82kcal (11.69%), Fat: 6.19g (9.52%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 38.1g (13.86%), Sugar: 30.23g (33.59%), Cholesterol: 21.96mg (7.32%), Sodium: 71.12mg (3.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.28%), Vitamin B6: 0.49mg (24.26%), Calcium: 232.44mg (23.24%), Phosphorus: 207.57mg (20.76%), Vitamin B2: 0.33mg (19.43%), Potassium: 642.74mg (18.36%), Vitamin B12: 0.99µg (16.47%), Manganese: 0.31mg (15.53%), Vitamin D: 2.01µg (13.42%), Magnesium: 49.56mg (12.39%), Fiber: 2.71g (10.85%), Vitamin C: 8.84mg (10.72%), Vitamin B5: 1.03mg (10.28%), Vitamin B1: 0.13mg (8.92%), Vitamin A: 361.47IU (7.23%), Selenium: 4.58µg (6.54%), Zinc: 0.93mg (6.18%), Folate: 20.42µg (5.11%), Vitamin B3: 0.88mg (4.39%), Copper: 0.09mg (4.25%), Iron: 0.32mg (1.78%), Vitamin E: 0.2mg (1.3%), Vitamin K: 1.09µg (1.04%)