

### **Extension** Nutrition Connections

# Peanut Butter Banana **Breakfast Shake** Serves 1

### **Ingredients:**

1 cup low-fat milk 1/2 cup frozen banana slices 1 tbsp peanut butter <sup>1</sup>/<sub>4</sub> tsp cinnamon <sup>1</sup>/<sub>2</sub> tsp vanilla extract (optional) Optional - top smoothie with a dusting of cocoa powder (sweetened or unsweetened mixed with equal amount of sugar)

# The Green Monster Shake Serves 4

**Ingredients:** 

- 2 cups baby spinach 2 cups of frozen mango chunks, slightly thawed 1 frozen banana, slightly thawed
- 1 cup pineapple chunks
- 2 cups apple juice
- 1 tbsp sliced almonds, optional

#### For BOTH shakes:

**Materials:** Blender or hand blender with mixing cup, measuring cups and spoons **Directions:** Add all ingredients to blender or large mixing cup (in batches if serves more than one) and blend until smooth.

Serving Size 1 shake (342g) Servings Per Container 1	Nutrition Facts Serving Size 1/4 of recipe Servings Per Container 4
Amount Per Serving	Amount Per Serving
Calories 260 Calories from Fat 70	Calories 170 Calories from Fat 0
% Daily Value"	% Daily Value*
Total Fat 8g 12%	Total Fat Og 0%
Saturated Fat 2g 10%	Saturated Fat Og 0%
Trans Fat Og	Trans Fat Og
Cholesterol 5mg 2%	Cholesterol Omg 0%
Sodium 200mg 8%	Sodium 25mg 1%
Total Carbohydrate 34g 11%	Total Carbohydrate 44g 15%
Dietary Fiber 3g 12%	Dietary Fiber 4g 16%
Sugars 23g	Sugars 36g
Protein 14g	Protein 2g
Vitamin A 10% • Vitamin C 15%	Vitamin A 25% · Vitamin C 130%
Calcium 25% · Iron 4%	Calcium 2% Iron 6%
Percent Daily Values are based on a 2.000 calcrie det. Your daily values may be higher or lower depending on your calorie needs: Calories 2.000 2.500	*Pecent Daty Values are based on a 2.000 calore dat. Your daty values may be higher or tower depending on your calorie needs calorea. 2,000 2,500
Tetat Fat Less hann 65g 80g Saturatie Fat Less hann 25g 25g Chalesterol Less han 300mg 300mg Sodum Less han 2,400mg 2,400mg Tetat Carbohydrate 300g 375g Delary Fiber 25g 30g	Total Fer Less than 45g 45g Savutato Fail Less than 25g 25g Choiseand Less than 260mg 250 Sodium Less than 2,420mg 24,00m Sodium Less than 2,420mg 24,00m Sodi Cantolydoria 300g 375g Datay Fiber 25g 30g
Calories per gram; Fat 9 • Carbohydrate 4 • Protein 4	Celores per gran. Fat 9 • Carbotydrate 4 • Protein 4

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