

Banana, Peanut Butter and Honey Shake



Servings: 2

Prep Time: 5min

Cook Time: 0

Ingredients

- 2 Bananas
- 5ml vanilla essence
- 20ml honey
- 10ml smooth peanut butter- no added sugar
- 2ml ground nutmeg
- 500ml low fat milk

Directions

1. Use a blender, food processor or stick-processor to whip together the ingredients from any recipe, until smooth and well mixed.
2. Serve in 2 large glasses.