## Banana Berry Smoothie (Nutrition Supplement)

Are you having a hard time eating enough food? Using a nutrition supplement drink may help provide you with extra calories and protein to help you meet your nutrient needs.



## Ingredients:

<sup>1</sup> / <sub>2</sub> cup	Berries, frozen	125 mL
1/2	Banana, medium, peeled	1/2
1 bottle (1 cup)	Vanilla nutrition supplement drink	235–250 mL

## **Directions:**

- 1. Put berries, banana and nutrition supplement drink in a blender.
- 2. Cover with lid and blend for about 30 seconds or until smooth.
- 3. Pour into a tall glass and serve.

## Makes 1 serving (375 mL/ 1 <sup>1</sup>/<sub>2</sub> cups/ 220 g)

Nutrition Facts Amount per serving, (1 ½ cup/ 375 mL/ 220 g)		
Amount	% Daily Value	
Calories 320		
<b>Fat</b> 13 g	<b>20</b> %	
Saturated 0 g + Trans 0 g	0 %	
Cholesterol 5 mg		
Sodium 220 mg	9 %	
Carbohydrate 45 g	15 %	
Fibre 9g	<b>36</b> %	
Sugars 13 g		
Protein 13 g		
Vitamin A	30 %	
Vitamin C	110 %	
Calcium	20 %	
Iron	20 %	

Nutrition information may vary depending on the type of nutrition supplement drink used.



Nutrition Services – Higher Calorie and Protein Recipe Series

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