

# Carnation Instant Breakfast Protein Smoothie

<b>Nutrition Facts:</b>	
Yield	1
Calories	180
Fat	1 g
Sodium	15 mg

<b>Code</b>
\$, Q, RH



<b>Ingredients Needed:</b>
1 cup ice
½ cup milk
½ banana
1 Tbsp. peanut butter
1 packet Carnation Instant Breakfast Essentials

## **Recipe Directions:**

- Add all ingredients into a blender.
- Blend and enjoy your delicious peanut butter banana smoothie!

