



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Banana Milkshake ♦♦

Banana Milkshake

A refreshing and nutritious drink made with milk, banana, and honey. Perfect for spring!

Recipe Type: Vegetarian

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 300 grams

Number of Servings: 1

Serving Size: 300 g

Ingredients

250 ml	Milk
100 g	Banana
15 g	Honey

Directions

Step 1

Cutting

Peel and slice the banana.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blending

Add the banana, milk, and honey to a blender.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Blending

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Pour into a glass and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 8 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	450 mg	13.24%	17.31%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Spring

Visit our website: healthdor.com