

Frozen Chocolate Banana Smoothie

A classic combination

INGREDIENTS:

- 1 Unflavored Juven® packet
- 1/3 cup skim or 2% milk
- 1 medium frozen banana, cut into 2-inch pieces
- 2 tbsp chocolate sauce
- 1/2 cup nonfat vanilla yogurt
- 1/2 cup ice cubes
- Chocolate shavings and sliced banana (optional garnish)

NOTES:

Garnish with chocolate shavings and sliced banana.



Find more delicious recipes at
[JUVEN.COM/RECIPES](https://www.juven.com/recipes)

SERVINGS: 1



DIRECTIONS:

STEP 1

In a small bowl, whisk together the Juven and milk and pour into a blender.

STEP 2

Add the remaining ingredients and blend until smooth, adding additional ice if desired.

STEP 3

Garnish and serve.

Use Juven under medical supervision.