## SHOPPING LIST

### Milk & Honey Drink

- ◯ Ice Cubes
- ◯ Low Fat Milk
- ◯ Banana
- ◯ Honey
- ◯ Ground Nutmeg or Cinnamon

First, check off the items you already have at home.

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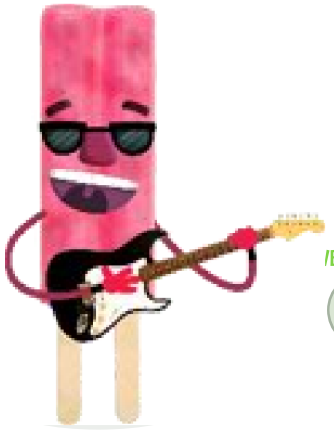
Freezerburn presents

# DRINKS

Fizzy's Lunch Lab

# Milk & Honey Drink



| VEGETARIAN | TIME | DIFFICULTY | SERVES |
|---|---|---|---|
| V | | E | 4 |
| YES | Less than 30 min. | Easy | |

## YOU WILL NEED

**6** ice cubes

**2 cups** low fat milk

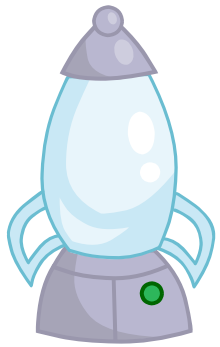
**1** over-ripe banana, sliced

**1 tablespoon** honey

**Pinch** ground cinnamon or nutmeg

## DIRECTIONS

**ATTENTION KIDS: Always cook with a grownup!**



**STEP 1:** Place everything in a blender and blend until frothy.

**STEP 2:** Divide evenly between 4 glasses and serve immediately.



## Nutrition Facts

Serving Size (189g)
Servings Per Container 4

Amount Per Serving
**Calories** 110 Calories from Fat 25
% Daily Value*

**Total Fat** 2.5g 4%
Saturated Fat 1.5g 8%
Trans Fat 0g
**Cholesterol** 15mg 5%
**Sodium** 70mg 3%
**Total Carbohydrate** 18g 6%
Dietary Fiber 1g 4%
Sugars 15g
**Protein** 5g

Vitamin A 6% • Vitamin C 4%
Calcium 25% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4